

Monday

Tuesday

Wednesday

Thursday

Friday

You can't run when camping.

You can only ran. Cause it is past tents.

Congregate Meals are served Monday-Friday 11:30 A.M.—12:00 P.M.
Individuals over the age of 60, the cost is a suggested donation of \$4.00. Individuals ages 50-59, the cost is \$6.00.

Funding for this program is provided by the Older Americans Act, State of Arizona, DES Division of Aging and Adults, CAA and FEMA.



			<div>1</div> <div>Hawaiian Pork Yams Cali Mixed Vegetables Brown Rice Tropical Fruit Mix Poke Cake HDM ONLY CENTER CLOSED</div>	<div>2</div> <div>Fried Catfish Red Beans & Rice Green Beans Wheat Bread Apple</div>
<div>5</div> <div>Pork Loin Chops Home Fries Cali Mixed Vegetables Wheat Roll Grapes Graham Crackers</div>	<div>6</div> <div>Baked Cod Cut Corn Lentils Quinoa Apricot Halves Yellow Cake w/ Frosting</div>	<div>7</div> <div>Country Fried Steak Mashed Potatoes & Gravy Mixed Vegetables Biscuit Fig Newtons</div>	<div>8</div> <div>Chicken Alfredo over Penne Pasta Buttered Carrots Broccoli Apple</div>	<div>9</div> <div>Swiss Steak Green Beans Roasted Cauliflower Brown Rice Banana</div>
<div>12</div> <div>Shredded Pork w/ Pineapple Coleslaw Pickled Beets Wheat Roll Apple Slices</div>	<div>13</div> <div>Mustard Chicken Mashed Cauliflower Baby Carrots Wheat Bread Orange Graham Crackers</div>	<div>14</div> <div>Ham w/ Pineapple Yams Peas Wheat Roll Peach Slices Oatmeal Cookie</div>	<div>15</div> <div>Taco Pie Pinto Beans Mixed Squash Grapes</div>	<div>16</div> <div>Fried Pollock Brown Rice Tater Tots Peas & Carrots Fruit Cocktail in Jell-O</div>
<div>19</div> <div>Beef & Barley Cali Mixed Vegetables Wheat Roll Sliced Peaches Fig Newtons HDM ONLY CENTER CLOSED</div>	<div>20</div> <div>Ham Salad Lettuce/ Tomato/ Pickle Cucumber Salad Wheat Bread Applesauce</div>	<div>21</div> <div>Oven Fried Chicken Roasted Yellow Potatoes Peas Biscuit Grapes Granola Bar</div>	<div>22</div> <div>Turkey Tetrazzini Penne Pasta Steamed Broccoli Kidney Beans Pear Halves</div>	<div>23</div> <div>Hamburger Tater Tots Lettuce/ Tomato/ Pickle Sliced Carrots Apple Yellow Cake w/ Frosting</div>
<div>26</div> <div>Chili w/ Beans Baby Carrots Mixed Green Salad Cornbread Apple</div>	<div>27</div> <div>Turkey Tacos Lettuce/ Tomato Black Beans Mexican Corn Salad Tropical Fruit Mix</div>	<div>28</div> <div>BBQ Country Style Ribs Pinto Beans Buttered Carrots Cous Cous Salad Biscuit Orange</div>	<div>29</div> <div>Lemon Garlic Chicken Cali Mixed Vegetables Chopped Spinach Brown Rice Sliced Peaches Fig Newtons</div>	<div>30</div> <div>Swiss Steak Brown Rice Green Beans Wheat Roll Mandarin Oranges</div>