

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.

**5**

Pork Loin Chops
Home Fries
Cali Mixed Vegetables
Wheat Roll
Grapes
Graham Crackers

6

Baked Cod
Cut Corn
Lentils
Quinoa
Apricot Halves
Yellow Cake w/
Frosting

7

Country Fried Steak
Mashed Potatoes &
Gravy
Mixed Vegetables
Biscuit
Fig Newtons

8

Chicken Alfredo over
Penne Pasta
Buttered Carrots
Broccoli
Apple

9

Swiss Steak
Green Beans
Roasted Cauliflower
Brown Rice
Banana

12

Shredded Pork w/
Pineapple
Coleslaw
Pickled Beets
Wheat Roll
Apple Slices

13

Mustard Chicken
Mashed Cauliflower
Baby Carrots
Wheat Bread
Orange
Graham Crackers

14

Ham w/ Pineapple
Yams
Peas
Wheat Roll
Peach Slices
Oatmeal Cookie

15

Taco Pie
Pinto Beans
Mixed Squash
Grapes

16

Fried Pollock
Brown Rice
Tater Tots
Peas & Carrots
Fruit Cocktail in Jell-O

19

Beef & Barley
Cali Mixed Vegetables
Wheat Roll
Sliced Peaches
Fig Newtons
**HDM ONLY
CENTER CLOSED**

20

Ham Salad
Lettuce/ Tomato/
Pickle
Cucumber Salad
Wheat Bread
Applesauce

21

Oven Fried Chicken
Roasted Yellow
Potatoes
Peas
Biscuit
Grapes
Granola Bar

22

Turkey Tetrazzini
Penne Pasta
Steamed Broccoli
Kidney Beans
Pear Halves

23

Hamburger
Tater Tots
Lettuce/ Tomato/
Pickle
Sliced Carrots
Apple
Yellow Cake w/
Frosting

26

Chili w/ Beans
Baby Carrots
Mixed Green Salad
Cornbread
Apple

27

Turkey Tacos
Lettuce/ Tomato
Black Beans
Mexican Corn Salad
Tropical Fruit Mix

28

BBQ Country Style
Ribs
Pinto Beans
Buttered Carrots
Cous Cous Salad
Biscuit
Orange

29

Lemon Garlic Chicken
Cali Mixed Vegetables
Chopped Spinach
Brown Rice
Sliced Peaches
Fig Newtons

30

Swiss Steak
Brown Rice
Green Beans
Wheat Roll
Mandarin Oranges

Dorothy Powell Senior Center

405 E. 6th Street Casa Grande, AZ 85122

Hours: Monday-Friday 8:00 AM - 4:00 PM

P: 520-421-8760

January - Lunch Menu**2026**