

# August

# 2018

## The Fredonia Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>PLEASE CALL BY 10:00 AM DINE IN OR CARRY OUT 928-643-7278</b></p>	<p><b>HAPPY BIRTHDAY!</b></p> <p>17- DICK 22-CHAROLETTE 29-EVELYN</p>	<p>1</p> <p>Stuffed Peppers Stewed Tomatoes Rice Green Beans &amp; Corn Whole Grain Roll Apple Betty</p>	<p>2</p> <p>Baked Fish Rice Pilaf Mixed Vegetables Cole Slaw WG Roll Pears &amp; Berries</p> <p><b>ICECREAM SANDWICH DAY</b></p>	<p>3</p> <p>Chicken Strips Baked Potato Mixed veggies Muffins Watermelon</p> <p><b>WATERMELON DAY</b></p>
<p>6 Ground Round w/grilled onions Parsley Potatoes Glazed Carrots Cucumber tomato Salad WG Roll</p> <p><b>RASPBERRIES AND CREAM DAY</b></p>	<p>7</p> <p>Country Style Ribs Oven Fries Tomatoes &amp; Peppers Beans Pineapple Carrot Slaw WG Biscuit Melon</p>	<p>8</p> <p>Cheese Ravioli Green Beans Spinach Salad Garlic Bread Pears</p> <p><b>RICE PUDDING DAY</b></p>	<p>9</p> <p>Lemon Dijon Chicken Peas &amp; Carrots Lemon Dilled Zucchini Broccoli Salad WG Bread Frog Eyed Salad</p>	<p>10</p> <p>Green chili Burritos Refried Beans Shredded Romaine, Tomatoes, Mexi Corn Peaches</p>
<p>13 Swedish Meatball/over noodles Green Beans Mixed Greens Salad WG Bread Melon</p> <p><b>CREAMSICLE DAY</b></p>	<p>14</p> <p>Pizza Stewed Tomatoes Spinach Salad Pizza Crust Pineapple</p> <p><b>LEMON MERINGUE PIE DAY</b></p>	<p>15</p> <p>Pork Chops Butternut Squash Seasoned Broccoli 3-Bean Salad WG Roll Applesauce</p>	<p>16</p> <p>Chicken Pot Pie Mixed Vegetables Sliced Tomatoes Biscuit Grapes</p>	<p>17</p> <p>French Dip Sandwich Potato Wedges Spinach Salad WG Bun Mandarin Oranges</p>
<p>20</p> <p>Baked Chicken Mashed Potatoes Mixed Vegetables Biscuits Cantaloupe</p>	<p>21</p> <p>Chef Salad w/ the works Muffin Fresh grapes</p>	<p>22</p> <p>Hawaiian Hay Stacks w/ the works Pineapple Coconut Ambrosia</p> <p><b>SPONGE CAKE DAY</b></p>	<p>23</p> <p>Beef Broccoli Stir Fry Chinese Fried Rice Oriental Vegetables Egg Roll Mandarin Oranges</p> <p><b>PEACH PIE DAY</b></p>	<p>24</p> <p>Taco Salad w/ the works Mixed Melon Ice Cream Cup</p>
<p>27</p> <p>Santa Fe Turkey Melt/Avocado on Sourdough Bread Potato Salad Cole Slaw Watermelon</p> <p><b>CHERRY TURNOVER DAY</b></p>	<p>28</p> <p>Beef Fajitas w/peppers Flour Tortilla Fiesta Bean Salad Diced Cabbage &amp; Tomato Mexicali Corn Mixed Fruit</p>	<p>29</p> <p>Pork Roast w/ Sage stuffing Squash Broccoli &amp; Cauliflower Almandine WG roll Applesauce</p>	<p>30</p> <p>Fiesta Lime Chicken Red beans &amp; Rice Stewed Tomatoes w/ peppers Zucchini Corn Tortillas Cantaloupe</p>	<p><b>ALL MEALS ARE PARTIALLY FUNDED BY NACOG AND DES</b></p>

Services are funded by the Older Americans Act, SSBG funds and the State of Arizona. Funding is allocated on a regional basis from the Arizona Department of Economic Security, Division of Aging and Adult Services (DAAS) to Area Agencies on Aging. Eligibility for programs. Seniors or adults with disabilities. Additional requirements may vary by program. Client contributions are encouraged and are vital for continuation of the programs. Language assistance and alternate forms of communication are available upon request Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975. Area Agency on Aging NACOG prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. Area Agency on Aging NACOG must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities