

December 2018

The Fredonia Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 MAC &amp; CHEESE STEAMED BROCCOLI COLE SLAW WG ROLL APPLE PIE <b>NATIONAL PIE DAY</b></p> 	<p>4 NAVAJO TACOS MEXICALI CORN W/RED PEPPERS SALSA, FRUIT SALAD</p>	<p>5 BISCUITS &amp; SAUSAGE GRAVY SCRAMBLED EGGS HASH BROWNS PICO DE GALLO APRICOTS</p> 	<p>6 LASAGNA ITALIAN BLEND VEGGIES SPINACH SALAD WG GARLIC BREAD MANDARIN ORANGES DIVINITY</p>	<p>7 OPENED FACED TURKEY SANDWICH MASHED POTATOES SEASONED CARROTS WG BREAD CRANBERRY SALAD PUMPKIN MOUSSE</p>
<p>10 COUNTRY SAUSAGE, RED BEANS &amp; RICE STEWED TOMATOES, STEAMED CABBAGE WG ROLL PEARS</p> 	<p>11 PORK CHOPS YAMS BROCCOLI &amp; CAULIFLOWER WG BREAD APPLESAUCE SUGAR COOKIES</p>	<p>12 BEEF STROGANOFF WITH MUSHROOMS OVER NOODLES BRUSSELS SPROUTS TOSSED SALAD WG ROLL AMBROSIA SALAD <b>NATIONAL AMBROSIA DAY</b></p>	<p>13 GREEN CHILE CASSEROLE PINTO BEANS, MEXICALI CORN ROMAINE DICED TOMATOES SALAD CORN TORTILLA CC FRUIT SALAD</p> 	<p>14 <b>BAKE SALE</b> SPLIT PEA &amp; HAM SOUP W/ ONIONS CARROTS, CELERY STICKS COTTAGE CHEESE &amp; TOMATOES WG ROLL PEACHES</p>
<p>17 CHILI BAKED POTATO SOUTHWEST RADISH COBB SALAD CORN BREAD PINEAPPLE</p>	<p>18 <b>CHRISTMAS LUNCH</b> HAM OR TURKEY MASHED POTATOES CORN &amp; GREEN BEANS HOT ROLLS PEACHES PUMPKIN ROLL</p>	<p>19 CHICKEN PARMESAN MARINARA SAUCE W/NOODLES BROCCOLI SEASONED CARROTS GARLIC BREAD FRUIT SALAD</p>	<p>20 SHEPHERD'S PIE MIXED VEGETABLES GLAZED BEETS WG BISCUIT CITRUS SALAD BREAD PUDDING</p> 	<p>21 CHEESE PIZZA STEWED TOMATOES &amp; PEPPERS SPINACH SALAD MANDARIN ORANGES</p>
<p>24 <b>Closed for the Holiday</b></p>	<p>25 <b>WE'RE CLOSED FOR CHRISTMAS</b></p> 	<p>26 <b>Closed for the Holiday</b></p>	<p>27 OVEN BREADED FISH SWEET POTATO FRIES COLE SLAW WG ROLL FRESH ORANGES <b>NATIONAL FRUIT CAKE DAY</b></p>	<p>28 LEMON DIJON CHICKEN LEMON GLAZED CARROTS STEAMED SPINACH WW ROLL APPLESAUCE PUDDING <b>NATIONAL CHOCOLATE CANDY DAY</b></p>
<p>31 <b>HAPPY NEW YEARS</b> PATTY MELTS WAFFLE FRIES BROCCOLI SALAD PEARS CHOCOLATE CREAM PIE</p>	<p>Meals are partially funded by Nacog and Des</p>	<p>Please call by 10 am Dine in or Carry Out 928-643-7278</p>	<p><b>HAPPY BIRTHDAY</b></p> <p>6- ZELMA JOHNSON 15-SONYA KIMBALL 17- PAT BLANKENSHIP 21-LAUREL BROWN</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.