

# January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>MEALS ARE PARTIALLY FUNDED BY DES AND NACOG</b></p> <p><b>PLEASE CALL BY 10 AM. DINE IN OR CARRY OUT 928-643-7278</b></p>	<p>1</p> <p style="font-size: 2em; text-align: center;">2019</p> <p style="text-align: center;"><i>Happy New Year!</i></p>	<p>2</p> <p>Catfish Rice Pilaf Asian Cole Slaw Succotash WG Roll Fruit salad</p> <p><b>CREAM PUFF DAY</b></p> 	<p>3</p> <p>Chicken Tetrazzini Brussels Sprouts Orange glazed Carrots WG Roll Pineapple/Bananas</p> <p><b>CHOCOLATE COVERED CHERRY DAY</b></p>	<p>4 Spaghetti and Meatballs Italian Blend Vegetables Spinach Salad WG Garlic Bread <i>Mandarin Oranges</i></p> <p><b>SPAGHETTI DAY</b></p>
<p>7</p> <p>Navajo Tacos Pinto Beans Shredded romaine, tomatoes Mexicali corn w/peppers Pears</p> 	<p>8</p> <p>Tuna Casserole Peas &amp; Carrots Mixed Greens Salad Whole Grain Roll Pineapple Chunks</p>	<p>9</p> <p>Meatloaf Roasted Potatoes, Carrots &amp; Onions WG Biscuit Citrus Salad Brownie</p>	<p>10</p> <p>BBQ Pork Ribs Baked Beans Spinach Salad WG Bun Mandarin Oranges</p> 	<p>11</p> <p>Chicken Strips Baked Sweet Potato Fries Mixed Vegetables WG Roll Berries</p>
<p>14</p> <p>Pork Chop Mashed Potatoes California Blend Vegetables WG Bread Peaches</p>	<p>15</p> <p>Oven Fried Chicken Sweet Potatoes Coleslaw Sliced Tomatoes Oatmeal Muffin Hot Apple Crisp</p> <p><b>STRAWBERRY ICE CREAM DAY</b></p> 	<p>16</p> <p>Hamburger Lettuce &amp; Tomato Baked beans Carrot Raisin Salad WG Bun Mixed Fruit</p> <p><b>FIG NEWTON DAY</b></p>	<p>17</p> <p>Swedish Meatballs over Rice Cauliflower Cooked Spinach Pineapple</p> 	<p>18</p> <p>Chicken Teriyaki Brown Rice Oriental Blend Vegetables Cabbage Egg Rolls Mandarin Oranges Almond Cookie</p>
<p>21</p> <p>Grilled Cheese Sandwich w/ Ham Tomato Soup Caesar Salad WG Bun Tangerine</p>	<p>22</p> <p>Chicken &amp; Dumplings Brussels Sprouts Carrots WG Roll Pineapple</p> <p><b>BLONDE BROWNIE DAY</b></p>	<p>23</p> <p>Green Chili Burrito Black Beans &amp; Corn Shredded Romaine &amp; Tomatoes Citrus Salad Apple pie</p> <p><b>PIE DAY</b></p>	<p>24</p> <p>Ground Round w/ grilled onions Wild Rice with Red beans WG Roll Apricots</p> <p><b>PEANUT BUTTER DAY</b></p>	<p>25</p> <p>Malibu Chicken Rice Butternut Squash Broccoli Spicy Pears Pudding</p>
<p>28 Brunch</p> <p>Bacon, Sausage Scrambled Eggs Hash browns Blueberry Pancakes Mandarin Oranges w/ Pineapple</p> <p><b>BLUEBERRY PANCAKE DAY</b></p>	<p>29</p> <p>Chicken Chili Mixed Vegetables Radish Salad WG Breadsticks Cheese &amp; Crackers Apricots</p> <p><b>CORN CHIP DAY</b></p>	<p>30</p> <p>Pepper Steak Black Beans &amp; Rice Peppers &amp; Onions Romaine Salad WG Bread Peaches</p> <p><b>CROISSANT DAY</b></p> 	<p>31</p> <p>Hawaiian Hay Stacks Brown Rice Lots of fresh Veggies Mixed Greens Salad Lime Jell-O w/ Pears</p>	<p style="font-size: 2em; text-align: center;"><i>Happy Birthday</i></p> <p><b>2-ROBERT P. 8-JILL P. 9-FRANK M. 12-NANCY G.</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