



JULY 2020

The Fredonia Senior Center
928-643-7278

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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|  5-BONNIE C. 24-VALTON J. 25-ADA J. | ALL MEALS ARE PARTIALLY FUNDED BY DES AND NACOG IMPORTANT MUST CALL BY 10 AM ALL MEALS ARE BEING DELIVERED | 1 Green Chili Bean Burrito Spanish Rice Refried Beans Green Salad Peaches GINGERSNAP COOKIE DAY | 4TH JULY LUNCH Hamburger w/ the works Potato Salad Baked Beans Melon Fruit Danish |  CLOSED JULY 3rd |
| 6 Baked Ham Sweet Potatoes Brussels Sprouts WG Roll Applesauce | 7 Chicken & Dumplings Mashed Potato Green Beans Pineapple STRAWBERRY SUNDAE DAY | 8 Grilled Chicken Pasta Salad Corn on the Cob Asparagus Bread Sticks Strawberry Shortcake | 9 Tuna Casserole Peas & Carrots Coleslaw HDM: Cauliflower Sliced Bread Grapes SUGAR COOKIE DAY | 10 Beef Fajitas w/ peppers & Onions Lettuce & Tomato WW Tortillas Refried Beans Corn Salad Tropical Salad |
| 13 French Dip Sandwich WG Bun French Fries Broccoli Salad Berries and Cream FRENCH FRY DAY | 14 Brunch Scrambled Eggs Hash Browns Bacon & Sausage French Toast Mandarin Oranges | 15 Pork Roast Mashed Potatoes & Gravy Mixed Vegetables WW Bread Fruit Cocktail TAPIOCA PUDDING DAY | 16 Chicken Broccoli Casserole Butternut Squash WG Roll Banana  | 17 Lasagna Italian Blend veggies Green Salad HDM: Cooked Spinach WG Garlic Bread Orange |
| 20 Ham & Cheese Slider Split Pea Soup w/ Carrots, Celery, & Onion Potato Wedges Apple Slices | 21 Chef Salad w/ the works Bread Sticks Jell-O w/ Pears JUNK FOOD DAY | 22 Fish and Chips (Oven Fries) Broccoli Cole Slaw WG Roll Melon  | 23 Patty Melts w/ Onion Rings Broccoli Salad Fruit Salad VANILLA ICE CREAM DAY | 24 Herbed Chicken Rice Pilaf Peas & Carrots Coleslaw Corn Bread Cherry Cobbler |
| 27 Green Chile Burritos Pinto Beans Mexicali Corn Romaine & Diced Tomatoes Tropical Fruit LOVE IS KIND DAY | 28 Chicken Teriyaki Brown Rice Oriental Vegetables Spinach Mandarin Oranges Fortune Cookie CHOCOLATE MILK DAY | 29 Scrambled Eggs & Ham Skillet Potatoes with Red Peppers WW Toast Sliced Oranges Cinnamon Roll Bites | 30 Chicken Fettuccine Broccoli Summer Squash Caesar Salad Bread Sticks Melon  | 31 Beef Stroganoff Cauliflower Mixed Vegetables WW Roll Peaches RASPBERRY CAKE DAY |

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.