

June 2018

THE FREDONIA SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HAPPY BIRTHDAY 20- LIN 21- AL 23-DESIREE 24-BECKY	PLEASE CALL BY 10:00 AM DINE IN OR CARRY OUT 928-643-7278	MEALS ARE PARTIALLY FUNDED BY NACOG AND DES		Turkey Tacos w/ the works Refried Beans Spanish Rice Oranges Doughnut Day
4 Ravioli w/Cheese Italian Blend veggies Spinach Salad WG garlic bread Strawberries Cheese Day	5 Chicken Fried Steak Baked Potatoes California Vegetables WG Bread Pineapple Gingerbread Day	6 Spaghetti Mixed Vegetable Green Salad WG Biscuits Melon Applesauce Cake Day	7 Fish & Chips Cole Slaw WG Roll Grapes Chocolate Ice cream Day	8 Bake Sale Southwest Chicken Salad Black Beans & Corn Mixed Greens Peaches & Berries Yogurt Salad
11 Chicken Strips w/ Fries Green Salad Melon Medley German Chocolate Cake Day	12 Beef Stroganoff Seasoned Broccoli Glazed Carrots WG Roll Peach Peanut Butter Cookie Day	13 Taco Salad w/ the works Chips & Salsa Mixed Fruit	14 Flag Day Hawaiian Hay Stacks w/ the works Bread Sticks Strawberry Shortcake Day	15 Father's Day Chow Meat Loaf Mashed Potatoes Mixed Vegetables Parker House Rolls Fruits of the Forest Pie
18 Int'l Picnic Day Cheeseburger/ Bratwurst WG Bun Lettuce/Tomato Potato Salad Corn on the cobb Cole Slaw Grapes	19 Beef Fajitas w/ the works Fiesta Bean Salad Diced Cabbage & Tomato Mexicali Corn Salad	20 Chicken Divan Mashed Potatoes Spinach WG Biscuit Mixed Berries Vanilla Milk Shake Day	21 Brunch for Lunch Biscuits & Gravy Hash Browns Scrambled Eggs Sliced Oranges Peaches and Cream Day	22 Patty melt Onion Rings Broccoli Salad Strawberries Cake Onion Rings Day
25 Catfish Baked Potatoes Broccoli & Cauliflower Corn Bread Tropical Fruit Salad Catfish Day	26 Pork Chops Red Potatoes California Blend Vegetables WG Roll, Applesauce Chocolate Pudding Day	27 Navajo Tacos w/ the works Oranges & Pineapple	28 Baked Chicken Yummy Potatoes Seasoned Broccoli WG Bread Mixed berry salad	29 Chef Salad w/ the works bread Sticks Mixed Fruit

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.