




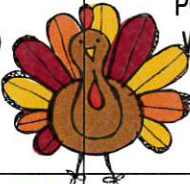




# November 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>ALL MEALS ARE PARTIALLY FUNDED BY DES AND NACOG</b></p>		<p><b>IMPORTANT!!!</b> <b>PLEASE!</b> <b>CALL BY 10 AM</b> <b>DINE IN OR CARRY OUT</b></p>		<p>1 TUNA MELT MACARONI SALAD MIXED GREENS SALAD HDM: CAULIFLOWER APPLESAUCE</p>
<p>4 BEEF STROGANOFF OVER NOODLES GREEN BEANS SPINACH SALAD HDM: COOKED SPINACH WG ROLL FRUIT SALAD</p>	<p>5 CHICKEN TERIYAKI OVER BROWN RICE ORIENTAL VEGETABLES CABBAGE EGG ROLLS MANDARIN ORANGES FORTUNE COOKIE</p>	<p>6 BEEF NACHOS W/ THE WORKS BEANS, OLIVES, CHEESE, SALSA CORN SALAD APPLES W/ CARAMEL SAUCE <b>NACHOS DAY</b></p> 	<p>7 SHEPHERD'S PIE (MASHED POTATOES, PEAS, CARROTS) SEASONED CORN CORNBREAD PEACHES</p>	<p>8 <b>BAKE SALE</b> GRILLED CHEESE SANDWICH W/ HAM TOMATO SOUP CAESAR SALAD HDM: BROCCOLI STRAWBERRY SHORTCAKE</p>
	<p>12 FRENCH DIP OVEN FRIES STEAMED CABBAGE BANANA <b>FRENCH DIP DAY</b></p>	<p>13 CHICKEN POT PIE W/ MIXED VEGETABLES CAULIFLOWER WG BISCUIT PEARS &amp; BERRIES COOKIE</p>	<p>14 LEMON DIJON CHICKEN BUTTERNUT SQUASH BROCCOLI WG ROLL PINEAPPLE LEMON BAR</p>	<p>15 TATER TOT CASSEROLE SPINACH SALAD WW BREAD MIXED FRUIT</p>
<p>18 LASAGNA ITALIAN BLEND VEGETABLES COOKED SPINACH WG GARLIC BREAD MANDARIN ORANGES</p>	<p>19 ROAST BEEF BAKED POTATO MIXED VEGETABLES WG ROLL PEACHES AND CREAM</p> 	<p>20 CHICKEN CHILI W/ THE WORK CARROT RAISIN RADISH SALAD CORNBREAD PINEAPPLE <b>PEANUT BUTTER FUDGE DAY</b></p>	<p>21 THANKSGIVING DINNER TURKEY &amp; DRESSING MASHED POTATOES GREEN BEAN CASSEROLE HOT ROLLS JELLO SALAD PUMPKIN PIE</p> 	<p>22 BAKED FISH BRUSSELS SPROUTS ROASTED RED POTATOES WG ROLL PEARS</p>
<p>23 PATTY MELTS OVEN FRIES BROCCOLI SALAD CITRUS SALAD</p> 	<p>24 <b>BRUNCH FOR LUNCH</b> SAUSAGE &amp; BACON HASH BROWNS SCRAMBLED EGGS PUMPKIN PANCAKES SLICED ORANGES</p>	<p>25 BEEF STEW W/ MIXED VEGETABLES GREEN SALAD HDM: COOKED SPINACH WG ROLL <b>PARFAIT DAY</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