





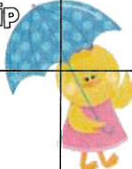


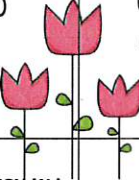






**FREDONIA
SENIOR CENTER**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 10 th -Diane 11 th -Carolyn 21 st -Joe	1 SPAGHETTI ITALIAN BLEND VEGGIES SPINACH SALAD WG GARLIC BREAD MANDARIN ORANGES Chocolate Parfait Day	2 FRENCH DIP POTATO WEDGES COLE SLAW 3-BEAN SALAD WG BUN STRAWBERRIES & BANANAS Truffle Day	3 OVEN FTED -CHICKEN PARSLEY POTATOES ASPARAGUS BEETS CORN BREAD PINEAPPLE 	4 BRUNCH FOR LUNCH BACON OR SAUSAGE SCRAMBLED EGGS HASH BROWNS BLUEBERRY PANCAKES FRESH FRUIT CUP Orange Juice Day
7 ORIENTAL CHICKEN SALAD W/ THE WORKS COLESLAW CHOW MEIN NOODLES MIXED BERRY SALAD 	8 BBQ PORK SANDWICH BAKED BEANS CARROT RAISIN SALAD WHOLE WHEAT BUN Fresh Apple Coconut Cream Pie Day	9 COUNTRY HERB CHICKEN BAKED POTATO CUCUMBER & TOMATO SALAD WG ROLL FRUIT SALAD W/ PUDDING Butterscotch Brownie Day 	10 BEEF PEPPERED STEAK W/ GREEN PEPPERS BLACK BEANS & CORN SQUASH MEDLEY RICE WHOLE GRAIN BISCUIT MIXED FRUIT	 11 RUBEN ON EYE W/ SAUERKRAUT OVEN FTIES BROCCOLI SALAD PEACHES
 14 OLD FASHION POT ROAST ROASTED POTATOES, CARROTS & ONIONS BISCUIT STRAWBERRY SHORT CAKE Buttermilk Biscuit Day	15 PARMESAN CHICKEN ASPARAGUS SUMMER SQUASH MACARONI SALAD GARLIC BREAD PEACHES Chocolate Chip Day 	16 MACARONI & CHEESE GOLD HAM SANDWICH GREEN BEANS MIXED GREENS SALAD WG ROLL STRAWBERRIES	17 FIESTA LIME CHICKEN STEWED TOMATOES RICE WITH RED BEANS SEASONED CARROTS WG ROLL JELL-O PEARS/BERRIES Cherry Cobbler Day	18 PIZZA W/ THE WORKS SMALL CHEF SALAD BREAD STICKS MIXED FRUIT PIZZA PARTY DAY 
12 SANTA FE TURKEY MELT W/ THE WORKS SWEET POTATO FTIES COLE SLAW Strawberries and Cream Day 	22 MEAT LOAF MASHED POTATO KIDNEY BEAN SALAD WG ROLL PEARS & BERRIES Vanilla Pudding Day	23 BAKED FISH RICE PILAF PEAS & CARROTS COLESLAW SALAD WG ROLL STRAWBERRIES PUDDING 	24 CASHW CHICKEN SALAD W/ THE WORKS GLAZED BEETS CROUTONS// WG ROLL MANDARIN ORANGES	25 
28 	29 SKILLET POTATOES W/HAM/PEPPERS/ ONIONS LIMA BEANS CARROT SALAD BISCUIT PINEAPPLE	30 MEDITERRANEAN CHICKEN W/ ONIONS, ROASTED RED PEPPER OVEN FTIES PITA BREAD FRUIT AMBROSIA	31 CUBE STEAK W/POTATOES, CARROTS SUMMER SQUASH HALF-GRAIN BISCUIT CRUMBED PEACHES	Meals are partially funded by Nacog and DES Please call by 10:00 AM Dine In or Carry out 928-643-7278

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