

PLEASE CALL BY 10AM  
DINE IN OR CARRY OUT

# OCTOBER

# FREDONIA SENIOR CENTER

<p>1 GREEN CHILI BURRITO FLOUR TORTILLA REFRIED BEANS MIXED GREENS W/ ROMAINE PINEAPPLE HOMEMADE COOKIES DAY</p>	<p>2 BEEF STROGANOFF NOODLES SANTA CRUZ VEGETABLES SAVORY GREEN BEANS WG ROLL PEARS &amp; BERRIES</p>	<p>3 SWEET &amp; SOUR CHICKEN CELERY &amp; BEAN SPROUTS, ORIENTAL VEGGIE MIX CHOW MIEN NOODLES EGG ROLLS, MANDARIN ORANGES PUMPKIN SEED DAY</p>	<p>4 TACOS W/ THE WORKS SQUASH MEDLEY ORANGE GLAZED CARROTS WG TORTILLA CINNAMON APPLES TACO DAY</p>	<p>5 <b>OCTOBERFEST</b> BRATWURST ON BUN SAUERKRAUT POTATO SALAD BAKED BEANS MELON MEDLEY</p>
<p>8 <b>COLUMBUS DAY</b> NAVAJO TACO PINTO BEANS MEXICALI CORN SHREDDED ROMAINE &amp; DICED TOMATOES, SALSA NAVAJO FRY BREAD PEACHES</p>	<p>9 RUBENS ON RYE SANDWICH TOMATO SOUP COLESLAW WG BREAD APPLE SALAD</p>	<p>10 SPAGHETTI &amp; MEATBALLS SQUASH MEDLEY GARDEN SALAD WG GARLIC BREAD MIXED FRUIT W/JELL-O ANGEL FOOD CAKE DAY</p>	<p>11 DIJON CHICKEN W/ APPLE STUFFING GREEN BEANS ALMANDINE ACORN SQUASH WW ROLL PINEAPPLE &amp; BANANA</p>	<p>12 <b>BAKE SALE</b> CHILI BAKED POTATO SOUTHWEST COBB SALAD CORN BREAD APRICOTS</p>
<p>15 ROSEMARY CHICKEN SWEET POTATOES LEMON DILL ZUCCHINI CORN BREAD MANDARIN ORANGES CHEESE CURD DAY</p>	<p>16 QUICHE SKILLET RED POTATOES W/ PEPPERS STEWED TOMATOES BAGELS &amp; CREAM CHEESE PEARS</p>	<p>17 CHICKEN &amp; DUMPLINGS CARROTS &amp; PEAS SPINACH WG BISCUITS FRUIT MEDLEY</p>	<p>18 SWISS STEAK OR LIVER &amp; ONIONS MASHED POTATOES CALIFORNIA BLEND VEGGIES WG BREAD CANTALOUPE CHOCOLATE CUP CAKE DAY</p>	<p>19 CATFISH STEAMED CABBAGE STEW TOMATOES NUTTY APPLE SALAD SEA FOOD DAY</p>
<p>22 SKILLET POTATOES W/HAM/PEPPERS/ ONIONS LIMA BEANS ORANGE SPINACH WG ROLL BAKED APPLE PUMPKIN CHEESECAKE DAY</p>	<p>23 CHICKEN PARMESAN MARINARA SAUCE W/NOODLES SQUASH MEDLEY SEASONED CARROTS GARLIC BREAD PEACHES BOSTON CREAM PIE DAY</p>	<p>24 PATTY MELTS W/ CHILIES &amp; ONIONS RED BEANS W/ STEW TOMATOES BROCCOLI SALAD SOURDOUGH BREAD SPICY PEARS</p>	<p>25 ROAST PORK CHOPS BAKED YAMS STEAMED SPINACH WHOLE GRAIN ROLL APPLESAUCE GREASY FOOD DAY</p>	<p>26 CHICKEN TERIYAKI BROWN RICE ORIENTAL VEGETABLES CABBAGE EGG ROLLS PINEAPPLE PUMPKIN COOKIE PUMPKIN DAY</p>
<p>29 CHICKEN RICE CASSEROLE MIXED VEGETABLES RADISH SALAD PINEAPPLE OATMEAL DAY</p>	<p>30 OVEN BREADED FISH SWEET POTATO FRIES COLE SLAW WG ROLL MELON CANDY CORN DAY</p>	<p>31 <b>HALLOWEEN</b> HALLOWEEN LUNCH FRIED WERE WOLF W/ WORMS MASHED MGGOTS CAT EYES &amp; BUGS GHOST DROPPINGS WITCHES NAILS W/ DRACULA BLOOD</p>	<p>MEALS ARE PARTIALLY FUNDED BY NACOG AND DES</p>	<p>happy Halloween</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.