

# Lunch Menu

## March 2020

The suggested donation for active participants over 60 years is \$3.50. The cost for guests under 60 years is \$5.00.

Reservations for Soup & Salad are required and must be made by NOON the day before. (M-F)

Contributions above the suggested donation are always appreciated.

Menus are **SUBJECT TO CHANGE.** Lunch is served from 11:15am-1:00 pm M-F

The Gilbert & Chandler Senior Centers, along with AZCEND would like to thank The United Way, The Town of Gilbert The City of Chandler, and Area Agency on Aging for their continued donations to our Meal Program.

<b>MON 2</b> Eggs & Sausage Spinach Casserole Seasoned Potatoes OR Soup & Salad Fruit Salad	<b>TUE 3</b> Cubed Steak Mashed Potatoes 3 Way Veggie OR Soup & Salad Apricots w/Coconut	<b>WED 4</b> Chicken Alfredo Broccoli Red Peppers&Onions OR Soup & Salad Tropical Fruit	<b>THUR 5</b> BBQ Shredded Pork Sweet Potato Mash Peas OR Soup & Salad Mango Pineapple	<b>FRI 6</b> Baked Salmon Bok Choy Stewed Tomatoes OR Soup & Salad Blackberries&Apple
<b>MON 09</b> Beef Stew Romaine Salad Corn Bread OR Soup & Salad Orange Juice	<b>TUE 10</b> Breaded Tilapia Carrots & Red Pep Green Beans OR Soup & Salad Strawberries&Yog.	<b>WED 11</b> Stuffed Peppers Cauliflower Carrots OR Soup & Salad Spiced Apples	<b>THUR 12</b> Chicken Drummettes Scalloped Potatoes Caribbean Veggie OR Soup & Salad Fruit Cocktail	<b>FRI 13</b> Herb Pork Loin Creamed Spinach Yellow Squash OR Soup & Salad Peaches
<b>MON 16</b> Fish Sandwich Chuckwagon Corn Cole Slaw OR Soup & Salad Mandarin Oranges	<b>TUE 17</b> Corned Beef Carrots Cabbage&Potatoes OR Soup & Salad Jello w/Pineapple	<b>WED 18</b> Jambalaya Collard Greens Peas,Corn & Carrots OR Soup & Salad Pineapples	<b>THUR 19</b> Beef Tacos Assorted Veggies Veggie Mix OR Soup & Salad Grape Juice	<b>FRI 20</b> Chicken Cacciatore Carrots & Red Pepp. Lima Beans OR Soup & Salad Pears
<b>MON 23</b> Chk Fried Steak Mashed Potatoes Peas & Carrots OR Soup & Salad Fresh Fruit Salad	<b>TUE 24</b> Baked Sole Spinach Yellow Squash OR Soup & Salad Berries w/ Yogurt	<b>WED 25</b> Chicken Fajitas Casserole Spanish Rice Rancho Blend OR Soup & Salad Mangoes	<b>THUR 26</b> Pork Chop Red Potatoes Carrots OR Soup & Salad Apricots w/Honey	<b>FRI 27</b> Ham & Penne Pasta Sauteed Spring Mix Cauliflower OR Soup & Salad Orange
<b>MON 30</b> Turkey Chili Malibu Coleslaw OR Soup & Salad Peaches	<b>TUE 31</b> Pork Tacos Zuc, Squash, & Tom Black Beans OR Soup & Salad Fruit	Amanda/Activities 480-503-6059 Lisa/Outreach Specialist 480-503-6061 Laura/Home Delivered Meals 480-503-6058		