

SHOW LOW SENIOR CENTER
301 E. McNeil, Show Low, AZ 85901
OCTOBER 2020 MENU

			1 OKTOBERFEST Bratwurst Sauerkraut Mashed Potatoes Seasoned Carrots Salad and Dessert	2 Beef Broccoli w/Stir Fry Veggies Brown Rice Salad Dessert
5 Beef Fajitas Flour Tortilla Peppers and Onions Black Beans and Corn Dessert	6 Lemon Chicken Butternut Squash Green Beans Salad Dessert	7 Baked Potato Chili Broccoli Salad Dessert	8 Grilled Cheese Sandwich Tomato Bisque Soup Salad Jell-O w/fruit	9 Ham and White Beans Salad Peach Cobbler
12 CLOSED FOR COLUMBUS DAY	13 Baked Ziti Italian Veggies Spinach Salad Dessert	14 Oven Fried Chicken Mashed Sweet Potatoes Cauliflower Salad Dessert	15 Country Fried Steak Mashed Taters and Gravy California Veggies Salad Dessert	16 Chicken Rice Casserole Peas and Carrots Salad Dessert
19 Shepherd's Pie w/Mixed Veggies Green Beans Salad Dessert	20 Spinach Quiche Oven Fried Potatoes w/peppers and onions Stewed Tomatoes Salad and Dessert	21 Chicken Taco Salad Refried Black Beans Dessert	22 Cranberry Glazed Pork Loin Rice Pilaf Mixed Vegetables Cole Slaw Dessert	23 Chicken Cacciatore w/tomatoes, peppers, and zucchini Steamed Spinach Salad Apple Cobbler
26 Salisbury Steak Cooked Carrots Zucchini w/stewed tomatoes Salad Dessert	27 Green Chili Burrito Pinto Beans Mexicali Corn Salad Dessert	28 Chicken Chop Suey over Chow Mein Noodles Salad Dessert	29 Cheeseburger Sweet Potato Fries Baked Beans Salad Dessert	30 Beef Stew w/mixed vegetables Salad Dessert Biscuit

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOOD ITEMS
LUNCHES ARE \$7.00 and served from 11:30 to 12:30 Monday thru Friday
FOR RESERVATIONS PLEASE CALL - 532-0656

Please call to cancel your reservation

DINING ROOM OPEN AS OF SEPTEMBER 1, 2020 (Call for takeout and we'll have it ready for pickup) ALL AGES WELCOME

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.