










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

August 2021



Happiness Happens Month



2 Chicken Bowtie Pasta Primavera California Blend Veggies Salad Dessert 	3 Pulled Pork Sandwich Mixed Veggies Potato Salad Watermelon 	4 Baked Dill Cod Roasted Butternut Squash Steamed Broccoli Salad Jell-O w/Pears	5 Cashew Chicken Brown Rice Broccoli Salad Dessert	6 \$5.00 Friday Minestrone Soup Turkey Sandwich Dessert 
9 Orange Chicken Stir Fry Vegetables Brown Rice Cole Slaw Dessert	10 Mac and Cheese with Ham Butternut Squash Broccoli Salad Dessert	11 Rosemary Chicken Roasted Red Potatoes Spinach Salad Dessert	12 Biscuits and Gravy Scrambled Eggs Roasted Red Potatoes Salad Fruit 	13 \$5.00 Friday Pecan Chicken Salad Sandwich Corn Chowder Dessert
16 Chicken Strips Sweet Potato Fries Cole Slaw Dessert	17 Fettuccini Alfredo Garlic Bread Cauliflower Salad Dessert	18 Stuffed Peppers Peas and Carrots Salad Dessert 	19 Chicken Fried Steak Mashed Red Skinned Potatoes Glazed Carrots Salad Dessert	20 \$5.00 Friday Potato Bacon Soup Ham Sandwich Dessert
23 Bean and Cheese Burrito Spanish Rice Stewed Tomatoes Salad Dessert	24 Pork Chops w/Mushroom Gravy Brown Rice Zucchini Salad Peach Cobbler 	25 BBQ Chicken Baked Beans Cooked Spinach Salad Dessert	26 Yankee Pot Roast Oven Fried Potatoes, Carrots, and Onions Cottage Cheese and Peaches Dessert 	27 \$5.00 Friday Tomato Bisque Soup Grilled Cheese Sandwich Dessert
30 Meatloaf or liver & Onions Mashed Taters and Gravy California Veggies Salad Dessert 	31 Fish and Chips (Oven Fries) Roasted Carrots Salad Dessert			



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

TAKE OUT ONLY thru the month of August (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.