

NACOG Feb 2023

Monday	Tuesday	Wednesday	Thursday	2nd Meal/ Friday
		1 Tomato Bisque Grilled Cheese Broccoli Pineapple	2 Biscuits & Gravy Roasted Red Potatoes Stewed Tomatoes Strawberries	3 Bruschetta Chicken Bake Broccoli Carrots Apple Slices
6 Shredded Pork with Gravy Mashed Potatoes Carrots Roll Apple Slices	7 Garlic Butter Chicken Over Pasta Broccoli Cauliflower Mixed Berries	8 Tuscan White Bean with Meatballs Roasted Corn Garlic Bread Pineapple	9 Hawaiian Turkey Burger Carrots French Fries Ambrosia Salad	10 Chili Winter Squash Stewed Tomatoes Cornbread Pears
13 Sticky Honey Pork Stir Fry Vegetables Broccoli Rice Mandarin Oranges	14 Loaded Baked Chicken Mashed Sweet Potato Green Beans Garlic Bread Strawberries	15 Clam Chowder Roasted Potatoes Roasted Carrots Roll Apricots	16 Baked Ham Salad Sandwich Corn Broccoli Peaches	17 Cheese Ravioli Bake Carrots Cauliflower Applesauce
20 Lincoln's Chicken Fricassee Washington's A Ragoo of Asparagus Washington's Corn Fritters Warm Cinnamon Apples	21 Jambalaya Carrots Okra Cornbread Pears	22 Italian Wedding Soup Broccoli Roasted Sweet Potatoes Breadsticks Pineapple	23 Basil Chicken Sandwich Sweet Potato Tots Corn Apple Slices	24 Chicken Tetrazzini Casserole Broccoli Cauliflower Apricots
27 Navajo Tacos with Shredded Pork Black Beans Rice Strawberries	28 Creamy Garlic Chicken Mashed Cauliflower Roasted Carrots Roll Apple Slices			

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 the 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, the *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.