

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pork Roast Roasted Red Potatoes Carrots Roll Peach Cobbler	2 Hot Dogs Sweet Potato Fries Baked Beans Mandarin Oranges	3 Cold Cut Wrap Cole Slaw Fresh Broccoli Apple Slices	4 Swedish Meatballs With egg Noodles Roasted Broccoli Carrots Pears
7 Hawaiian Chicken Casserole Cole Slaw Roasted Red Potato Lemon Pudding with Blueberries	8 Lasagna Carrots Mixed Greens Salad Garlic Bread Strawberries	9 Grilled Burgers with Lettuce, Tomato and Onion Beet Salad Applesauce	10 Corned Beef Sandwich on Rye Dandelion Salad Fresh Carrots Peaches Bread Pudding	11 Veteran's Day Open Beef Stew Roasted Carrots and Navy Beans WW Rolls Apricots
14 Apricot Chicken White Rice Peas and Carrots Pear bread	15 Liver and Onions Country Potatoes Stewed Tomato Banana	16 Grilled Chicken Mashed Cauliflower Carrots Roll Strawberries	17 Sloppy Joe Green Beans Fresh Sweet Red Peppers Warm Apple Slices Cookie	18 Green Chili Pork Casserole Stewed Tomatoes Pinto Beans Fruit Cocktail
21 Shepherd's Pie Peas and Carrots Roll Fruit Cocktail	22 Thanksgiving Feast Turkey Mashed Potatoes with Gravy Green Bean Casserole Stuffing Sweet Potatoes Roll Warm Apple Slices Pumpkin Pie	23 Fish Tacos Pico De Gallo Cilantro Lime Rice Roasted Corn Mixed Berries	24 Closed Thanksgiving	25 Closed Thanksgiving
28 Glazed Ham Corn Green Beans Roll Pears	29 Salmon Tomato Wedges with Cucumber Stir Fry Veggies Croissant Strawberries	30 Pulled Pork Sandwich Baked Beans Roasted Carrots Raspberries Lemon Cake		

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.