




Turn of the Card Community Center
301 E. McNeil, Show Low, AZ 85901



2025



	<p>2 Taco with Ground Beef, Romaine, and Tomatoes Mexican Corn, Black Beans Blueberries</p>	<p>3 Hamburgers with Romaine, Tomato & Onion French Fries, Baked Beans Oranges</p>	<p>4 Chicken & Dumplings Carrots, Peas Fruit Cocktail</p>	<p>5 Green Chili Chicken Enchilada Casserole Black Beans, Roasted Corn Cantaloupe</p>
<p>8 Chicken Fried Steak Mashed Potatoes, Roll Spinach Salad with Strawberries</p>	<p>9 Creamy Italian Sausage & Tortellini Roasted Fennel. Green salad Fruit Cocktail</p>	<p>10 Chicken Alfredo Over Pasta Broccoli, Cauliflower Mixed Berries</p>	<p>11 Pasta Fagioli Soup Lima Beans Cauliflower Cantaloupe</p>	<p>12 Beef Hot Dogs Sweet Potato Fries Baked Beans Orange</p>
<p>15 Sloppy Joe Sliders Zucchini Fries Roasted Carrots Pears</p>	<p>16 Creamy Garlic Chicken Mashed Cauliflower Roasted Carrots Roll Peaches</p>	<p>17 Shredded Pork with Gravy Mashed Potatoes Carrots Roll Applesauce</p>	<p>18 Potato Soup Broccoli Carrots Crackers Melon Medley</p>	<p>19 Grilled Chicken Sandwich + Lettuce & Tomato French Fries Pasta Salad Mixed Berries</p>
<p>22 Teriyaki Chicken Brown Rice Stir Fry Vegetables Broccoli with Garlic Sauce Oranges</p>	<p>23 Roast Beef Mashed Potatoes Carrots Roll Blueberries</p>	<p>24 BBQ Chicken Roasted Sweet Potatoes Cauliflower Roll Applesauce</p>	<p>25 Homestyle Chicken Noodle Soup Corn Green Beans Strawberries</p>	<p>26 BBQ Pork ribs Cucumber, Tomato & Spinach Salad Roasted Cauliflower Cornbread Cantaloupe</p>
<p>29 Chili Relleno Casserole Pinto Beans, Brown Rice Cole Slaw Pineapple</p>	<p>30 Oven-Fried Chicken Cheese Grits Sweet Potatoes, Corn Mandarin Oranges</p>	<p>The Congregate Meal Lunch program is for seniors over 60. A spouse or a caregiver attending with a qualified person over 60 also qualifies. Once you fill out the form and you qualify there is a suggested donation of \$5.00. Your donation is not required but it does help us to sustain the program for you and others. Those who do not qualify for the lunch program are able to reserve lunch here for \$10.00. Enjoy Healthy and delicious lunches Monday-Friday 11:00 to 12:30. Come and meet new people, play pool, games or cards etc. Just have fun!</p>		

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOOD ITEMS LUNCHES served from 11:00 to 12:30 Monday-Friday



PLEASE call in RESERVATIONS before 2pm the day before you plan to attend.- 928-532-0656

Salad Bar available Wednesday-Friday



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.