















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

October 2023 Menu



"October" is National Chili Month!



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 2 Cheese Pizza  Zucchini Fries Side Salad Peaches | 3 Beef Enchilada  Stewed Tomatoes Roasted Corn Strawberries | 4 Chicken Parmesan over Penne  Broccoli, Tomato Mozzarella Salad Garlic Bread Apricots | 5 Herbed Tuna on English Muffin  Mixed Green Salad Fresh Carrots Jello with Peaches | 6 Creamy Chicken, Rice & Broccoli Casserole  Asparagus Mandarin Oranges |
| 9 Chicken & Potato Bake Roasted Carrots Brussel Sprouts Roll Fruit Cocktail | 10 Beef Fajita, Black Beans Potatoes with Stewed Tomatoes Jello with Pears | 11 Baked Chicken with Dill Sauce Riced Cauliflower  Carrots Banana | 12 Turkey Sandwich Spinach Salad Fresh Cauliflower Mandarin Oranges | 13 Salisbury Meatballs Over Mashed Potatoes Carrots Roll Fruit Salad |
| 16 Biscuit Bake with Scrambled Eggs & Sausage Country Potatoes Stewed Tomatoes Blueberries | 17 Beef with Broccoli  White Rice Carrots Mandarin Oranges | 18 Oven Fried Chicker  Collard Greens Corn Roll Peaches | 19 Hamburger  Sweet Potato Fries Broccoli Blueberries | 20 Chicken Divan with Broccoli & Carrots Roll Apricots |
| 23 Chicken Pot Pie Broccoli Roll Strawberries | 24 Ground Beef Taco with Romaine  Mexican Corn Black Beans Mixed Fruit | 25 Baked Breaded Fish  Sweet Potato Fries Broccoli & Cauliflowe. Roll Oranges | 26 Ham & Cheese Sandwich  Spinach Salad Tomato & Cucumber Peaches | 27 Grilled Pork Chop Mashed Cauliflower Carrots Roll Apple Sauce |
| 30 Sloppy Joe Roasted Red Potatoes Carrots Strawberries | 31 Pumpkin & Black Bean Casserole Roasted Root Vegetables Roll Apple Slices with Caramel | <p>Sign up for our Congregate Meal program for those over 60. This program requires an application to be filled out. After you are signed up you are given the opportunity to Donate whatever you can. Any donation is appreciated. All community members, any age are welcome to enjoy lunch at \$10.00</p> | | |



MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOOD ITEMS LUNCHEs served from 11:00 to 12:30 Monday thru Friday FOR RESERVATIONS PLEASE CALL 24 hours in advance - 928-532-0656

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.