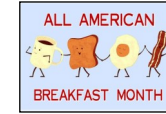




Turn of the Card Community Center
301 E. McNeil, Show Low, AZ 85901



Monday	Tuesday	Wednesday	Thursday	Friday
<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 may Donate whatever you can. . Any donation is appreciated.</p> <p>All community members, any age are welcome to enjoy lunch at \$10.00</p>				<p>1. Tuna Noodle Casserole Brussel Sprouts Cauliflower, Roll Mixed Berries</p>
<p>4</p>	<p>5</p> <p>Orange Chicken Brown Rice Stir Fry Vegetables Broccoli with Garlic Sauce Oranges</p>	<p>6</p> <p>Oven Baked Chicken Roasted Sweet Potatoes Asparagus Roll Apple Slices</p>	<p>7</p> <p>Club Sandwich Mixed Green Salad Celery Sticks Pasta Salad Strawberries</p>	<p>8</p> <p>BBQ Pork Ribs Cucumber & Tomato Roasted Cauliflower Cornbread Raspberries</p>
<p>11</p> <p>Chili Relleno Casserole Pinto Beans Cole Slaw Brown Rice Pineapple</p>	<p>12</p> <p>Chicken Soft Taco Spanish Rice ground Beef Mexican Corn Carrots Apple Sauce</p>	<p>13</p> <p>Baked Spaghetti Roasted Carrots Mixed Green Salad Roll Berries</p>	<p>14</p> <p>Chicken Salad Sandwich Cucumber & Tomato Salad Fresh Broccoli Apple Slices</p>	<p>15</p> <p>Spinach & Tomato Frittata Roasted Red Potatoes Cucumber Slices Cornbread Peaches</p>
<p>18</p> <p>Taco with Cheese, Lettuce and Tomato Refried Beans, Spanish Rice Pears</p>	<p>19</p> <p>Biscuits & Gravy Roasted Red Potatoes Stewed Tomatoes Banana</p>	<p>20</p> <p>Chili Mixed Vegetables Cornbread Berries</p>	<p>21</p> <p>Club Sandwich Mixed Green Salad Fresh Carrots Raspberries</p>	<p>22</p> <p>Beef Pot Roast with Potatoes, Onions, Carrots Green Beans, Roll Peaches</p>
<p>25</p> <p>Meatloaf Peas, Scalloped Potatoes Roll Strawberries</p>	<p>26</p> <p>Kielbasa & Potatoes Green Beans Spinach Salad, Roll Peaches</p>	<p>27</p> <p>Waffle Scrambled Eggs Roasted Red Potatoes Sweet Red Peppers Blueberries</p>	<p>28</p> <p>Ham & Swiss Sandwich Potato Salad Fresh Cauliflower, Broccoli Fruit Cocktail</p>	<p>29</p> <p>Green Chili Enchilada Black Beans Roasted Corn, Spanish Rice Lettuce & Tomato Apple Slices</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.