

Garden Café - January 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>SENIOR CENTER CLOSED</p> <p>2017 Happy New Year!</p>	<p>3</p> <p><i>New Year Traditions</i></p> <p>HAM with SAUERKRAUT</p> <ul style="list-style-type: none"> * Black-eyed Peas * Collard Greens * Cornbread * Lentil Soup * Grapes 	<p>4</p> <p>FRIED CHICKEN</p> <ul style="list-style-type: none"> * Winter Veg Blend * Green Salad * Brown Rice Risotto * Fruit Salad Jell-O 	<p>5</p> <p>SWEDISH MEATBALLS</p> <ul style="list-style-type: none"> * Egg Noodles * Brussels Sprouts * Orange Glazed Carrots * Whole Wheat Roll * Pineapple/Bananas 	<p>6</p> <p>BBQ PORK</p> <ul style="list-style-type: none"> * Whole Wheat Roll * Baked Beans * Spinach Cheese Bake * Orange Pudding
<p>9</p> <p>CUBAN SANDWICH (Roast Pork, Ham, Swiss Cheese, Pickles, Mustard, Grilled on French Roll)</p> <ul style="list-style-type: none"> * Potato Salad * Broccoli Casserole * Fruit Muffins 	<p>10</p> <p>BEEF TACOS</p> <ul style="list-style-type: none"> * Cheese and Chicken Enchiladas in Mild Green Sauce * Mexi-Corn * Cabbage Slaw * Pineapple Chunks 	<p>11</p> <p>ROAST BEEF</p> <ul style="list-style-type: none"> * Roasted Potatoes, Carrots and Onions * Kidney Bean Salad * Whole Grain Rolls and Butter * Fruit Salad <p>Ice Cream Social</p>	<p>12</p> <p>COUNTRY FRIED STEAK</p> <ul style="list-style-type: none"> * Mash with Cream Gravy * Green Beans * Spinach, Cheddar and Onion Bake * Mandarin Orange * Pineapple Fluff 	<p>13</p> <p>BAKED CHICKEN</p> <ul style="list-style-type: none"> * Fried Potatoes and Leek * Broccoli Salad * Whole Grain Bread * Peaches N Cream with Nutmeg
<p>16</p> <p>SENIOR CENTER CLOSED</p> <div style="border: 2px solid blue; padding: 5px; text-align: center;"> <p>MARTIN LUTHER KING, JR., DAY</p> </div>	<p>17</p> <p>SPAGHETTI and MEATBALLS</p> <ul style="list-style-type: none"> * Italian Blend Vegetables * Peas * Garden Salad * Whole Grain Garlic Bread * Fresh Orange 	<p>18</p> <p>SMOTHERED PORK CHOP</p> <ul style="list-style-type: none"> * Rice with Red Beans * Seasoned Carrots * Whole Grain Roll * Spicy Peaches * Pudding 	<p>19</p> <p>SALISBURY STEAK</p> <ul style="list-style-type: none"> * Mushroom Gravy * Potatoes Au Gratin * Steamed Cabbage * Carrots * Oatmeal Muffin * Pineapple Chunks 	<p>20</p> <p>SHEPHERD'S PIE</p> <ul style="list-style-type: none"> * Italian Blend Veggies * Hearty Pintos * Whole Grain Bread * Apple Pie
<p>23</p> <p>HOMEMADE MEATLOAF</p> <ul style="list-style-type: none"> * Parsley Potatoes * Vegetable Blend * Whole Wheat Roll * Berry Pie 	<p>24</p> <p>ROAST PORK</p> <ul style="list-style-type: none"> * Scalloped Potatoes * Chickpeas and Escarole * Buttered Carrots * Applesauce 	<p>25</p> <p>CHEESE BURGER with the Works</p> <ul style="list-style-type: none"> * Lettuce, Tomato, Onion, Pickles, Condiments * Baked Beans * Carrot Raisin Salad * French Fries * Pudding Fruit and Cream <p>January Birthdays!!</p>	<p>26</p> <p>BEEF STEW (Celery, Carrots, Onions, Potato)</p> <ul style="list-style-type: none"> * Fresh Rolls * Collard Greens with Bacon * Peaches 	<p>27</p> <p>CHINESE NEW YEAR</p> <p>LO MEIN CHICKEN with Spicy Noodle</p> <ul style="list-style-type: none"> * Fried Rice * Broccoli * Hot and Sour Soup * Oranges and Cookies
<p>30</p> <p>BUTTER and LEMON BAKED TILAPIA</p> <ul style="list-style-type: none"> * Rice Pilaf * Asian Cole Slaw * Pea Salad * Whole Grain Roll * Fruit Cobbler 	<p>31</p> <p>FRENCH DIP SANDWICH</p> <ul style="list-style-type: none"> * Potato Wedges * Veggies Au Gratin * Tangerine Whip 	<p>Chino Valley Senior Center 1021 Butterfield Rd Chino Valley, AZ 86323</p> <p>LUNCH MENU SUBJECT TO CHANGE FUNDED IN PART BY: NACOG AND DES 59 YEARS AND UNDER IS \$5.00 60 YEARS OR OLDER IS A SUGGESTED DONATION OF \$4.00 LUNCH IS SERVED 11:30 – 12:30</p>		

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."