

lunch menu

June

at the Gilbert Senior Center

Please make lunch reservations by **signing up** at the registration table or by calling 480-503-6061 BEFORE 2PM the previous day.

The suggested donation for guests over 60 years old is \$2.50

The cost of meals for guests under 60 is \$4.00. Contributions above the suggested donation are always appreciated.

Milk is provided with each meal. **Menus are SUBJECT TO CHANGE.**

The Gilbert Senior Center and Community Services of Arizona would like to thank the **United Way and Area Agency on Aging** for their continued donations to our Meal Program.

MON 1 Chicken Tenders OR Patty Melt Beans, Carrots Orange	TUE 2 Roast Beef w/ gravy Chick. Caesar Salad Mashed Potatoes Mixed Vegetables Fruit Cocktail	WED 3 Veggie Lasagna OR Beef Burrito Italian Blend Spinach Pineapple	THUR 4 Ham Salad OR Chili Mac Split Pea Soup Broccoli Salad Bread, Apricots	FRI 5 Sloppy Joes OR Chicken Wrap Red Potatoes Chuckwagon Corn Tropical Fruit
MON 8 Ribettes OR Taco Salad Yams Brussels Sprouts Mandarin Oranges	TUE 9 Chef Salad OR Fish Nuggets Romaine Salad Tomatoes Peaches	WED 10 BBQ Chick Sandwich Ham/Swiss on Rye Broccoli Cauliflower Pears	THUR 11 Meatloaf OR Hot Dog Mashed Potatoes Green Beans Tropical Fruit	FRI 12 Pork Chops OR Meatball Sub Cabbage Carrots Applesauce
MON 15 Cheeseburger OR Chicken Wrap Roasted Potatoes Broccoli, Cauliflower Cantelope	TUE 16 Chicken Teriyaki OR Fish Nuggets Oriental Blend Brown Rice Pineapple, Oranges	WED 17 Potato Bar Pea Salad Carrot Raisin Salad WW Crackers Apricots	THUR 18 Meatballs w/ Gravy Chick. Caesar Salad Mashed Potatoes Mixed Vegetables Peaches	FRI 19 Lemon Pepp. Tilapia OR Patty Melt Stewed Tomatoes Beans, Rice Birthday Cake
MON 22 Cabbage Rolls OR Hot Dog Mixed Vegetable Cauliflower Brown Rice, Apple	TUE 23 Baked Ham OR Meatball Sub AuGratin Potatoes Brussels Sprouts Roll, Apricots	WED 24 Chicken Stew OR Taco Salad Carrots WW Bread Pears	THUR 25 Spaghetti/meatballs OR Fish Nuggets Italian Vegetables Broccoli Fruit Cocktail	FRI 26 Tuna Salad OR Ham/Swiss on Rye Tomato Soup Cucumber Salad Pineapple
MON 29 Veggie Lasagna OR Beef Burrito Italian Veggies Peas, Roll Tropical Fruit	TUE 30 Chicken Salad OR Patty Melt Broccoli Soup Spinach Salad Crackers, Orange			



A PROGRAM OF

Community Services of Arizona, Inc.
 SUSAN MANION, PROGRAM MANAGER
 KRIS BALZAN, SITE COORDINATOR