



Yarnell Regional Community Center

OPEN TO THE PUBLIC

www.YarnellCommunityCenter.org

Lunch Served M–F 11am to 12:30pm

Meals On Wheels

928-427-6347

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Beef Stroganoff Noodles Vegetable Salad bar w/ fruit Blood press checks 11–12 Tai Chi 6 pm	2 Baked Cod Rice Pilaf Vegetable Salad bar w/ fruit W.I.S.E. Series 2–4.	3 Country Steak Biscuits and Gravy Vegetable Salad bar w/ fruit Exercise 6:30–7:30	4 Baked Chicken Mashed Potatoes Gravy Vegetable Salad bar w/ fruit	5
6	7 Beef Ravioli Vegetable Garlic Bread Salad bar w/fruit Game Night 4–6 Exercise 6:30–7:30	8 Sweet and Sour Pork Rice Egg Roll Salad Bar Blood press checks 11–12	9 Cheese Steak Tater Tots Vegetable Salad bar w/ fruit W.I.S.E. series 2–4	10 Chicken Pot Pie Vegetable Rolls Salad bar w/fruit Geology of Yarnell 6 pm	11 Meat Loaf Mashed Potatoes Gravy Vegetable Salad bar w/fruit	12
13	14 Hot Turkey Sandwich Potatoes and gravy Vegetable Salad bar w/ fruit Game night 4–6 Exercise 6:30–7:30	15 Arizona Burgers Chips Vegetable Salad bar w/fruit Blood press checks 11–12	16 Goulash Vegetable Garlic toast Salad Bar w/ fruit	17 Pot Roast Red Potatoes Vegetable Salad Bar w/ fruit Exercise 6:30–7:30	18 BBQ drumsticks Tater Tots Vegetable Salad Bar w/ fruit	19
20	21 Salisbury Steak Noodles/gravy Vegetable Salad bar w/fruit Game Night 4–6 Exercise 6:30–7:30	22 Chicken Tenders Mashed Pot w/Gravy Vegetable Salad Bar w/ fruit Blood press checks 11–12	23 Lasagna Garlic Bread Vegetable Salad bar w/ fruit	24 <i>Pork Chops</i> <i>Rice and Gravy</i> <i>Vegetable</i> <i>Salad Bar w/fruit</i> Exercise 6:30–7:30	25 Ham Au Gratin Potatoes Vegetable Salad Bar w/ fruit	26
27	28 Riblets Baked Beans Vegetable Salad bar w/fruit Game night 4–6 Exercise 6:30–7:30	29 Chili Dog Tater Tots Vegetable Salad Bar w/fruit Blood press checks 11–12	30 Tilapia Au Gratin Potatoes Vegetable Salad Bar w/ fruit	31 <i>Chicken Enchiladas</i> <i>Rice and Beans</i> <i>Salad Bar</i> Exercise 6:30–7:30		

Low salt, sugar and fat guidelines are followed in our menus. SALAD BAR DAILY MENU SUBJECT TO CHANGE

Our program is partially federally funded and is operated in accordance with the U.S.D.A. policy prohibiting discrimination on the basis of race, color, sex, age, handicap, or national origin.

We are funded in part by YOUR DONATIONS, DES and AAA-NACOG