



Yarnell Regional Community Center

www.YarnellCommunityCenter.org

Lunch Served M-F 11am to 12:30pm

Meals On Wheels

928-427-6347

OPEN TO THE PUBLIC

SEPTEMBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Meatloaf Mashed potatoes/gravy Vegetable Salad Bar with fruit	2
3	4 Salisbury Steak Noodles Veg Salad Bar with fruit Game night 4 pm	5 Quiche w/Bacon Vegetable Salad Bar w/ fruit <i>Tai Chi 6 pm</i>	6 AZ Burger Tater Tots Vegetable Salad Bar w/ fruit	7 Fish Sandwich French Fries Vegetable Salad Bar w/ fruit	8 Grilled Sausage w/veg Baked Beans Salad bar w/ fruit	9
10	11 Pork Chop Baked Potato Vegetable Salad Bar w/fruit Game night 4 pm	12 Beef Stroganoff Garlic Toast Vegetable Salad bar w/ fruit	13 Grilled Ham and Cheese Tomato Soup Salad bar w/ fruit & veg	14 Chicken Tenders Stuffing and gravy Vegetable Salad Bar w/ fruit	15 Pot Roast Parsley Potatoes Vegetable Salad Bar w/ fruit	16
17	18 Chicken Pot Pie Vegetable Salad Bar w/ fruit Game night 4pm	19 Cheese Steak Chips Vegetable Salad bar w/ fruit	20 Sweet and Sour Pork Egg Roll Vegetable Salad bar w/ fruit	21 BBQ Ribs Corn on the cob Roasted Potatoes Salad Bar w/ fruit	22 Beef Enchilada Beans and Rice Vegetable Salad Bar w/ fruit	23
24	25 Meatballs in Gravy Pasta Vegetable Salad bar w/ fruit	26 Pan Fried Tilapia Au Gratin Potatoes Vegetable Salad Bar w/ fruit	27 Chicken Thighs Rice w/ Gravy Vegetable Salad Bar w/ fruit	28 Hot Turkey Sandwich Mashed Potatoes Vegetable Salad Bar w/ fruit	29 Country Fried Steak Hash Browns Vegetable Salad Bar w/ fruit	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