



Yarnell Community Center
OPEN TO THE PUBLIC

www.YarnellCommunityCenter.org
Lunch Served M-F 11am to 12:30pm
January 2018

Meals On Wheels
928-427-6347

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Closed — Happy New Year	2 Sweet & Sour pork Egg roll Vegetable Salad Bar w/ fruit Tai Chi 6 pm	3 Tilapia Rice Vegetable Salad Bar w/ fruit	4 Hot Turkey Sandwich Mashed Pot w/ Gravy Vegetable Salad Bar w/ fruit RICHARD'S DESSERT	5 Pot Roast Baked Potatoes Vegetable Salad Bar w/ fruit	6
7	8 Beef Enchilada Rice and Beans Salad Bar w/ fruit Game Night 4:00pm	9 Cheese Steak Chips Vegetable Salad Bar w/ fruit	10 Quiche Bacon Vegetable Salad Bar w/ fruit	11 Baked Chick. thighs Stuffing w/ gravy Vegetable Salad Bar w/ fruit Airbnb & Other home Income ideas 1:30	12 Pork Chops Red Potatoes Vegetable Salad Bar w/ fruit	12
14	15 BBQ Pork Sandwich Tater Tots Vegetable Salad Bar w/ fruit Game night 4 pm	16 Mac and Cheese Vegetable Salad Bar w/ fruit	17 Chili dog Chips Vegetable Salad Bar w/ fruit	18 Meatloaf Mashed Potatoes Vegetable Salad Bar w/ fruit Senior Services – 12-2	19 Chicken Noodle Soup Rolls Salad Bar w/ fruit and vegetables	20
21	22 Baked Cod Rice Pilaf Vegetable Salad Bar w/ fruit Game night 4 pm	23 Beef Goulash Vegetable Salad Bar w/ fruit	24 Grilled Ham and Cheese Sandwich Mushroom Soup Salad Bar w/ fruit and Vegetables	25 Chicken Tenders Tater Tots Vegetable Salad Bar w/ fruit	26 Country Steak Hash Browns Sausage Gravy Vegetable Salad Bar w/ fruit	27
28	29 Beef Ravioli Vegetable Salad Bar w/ fruit Game night 4 pm	30 Az Burger Tater Tots Vegetable Salad Bar w/fruit	31 Chicken Sandwich Tomato Soup Chips Salad Bar w/ fruit Jewelry Exch– 6-8pm			

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