



**Yarnell Community Center**  
OPEN TO THE PUBLIC

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

**Meals On Wheels**  
928-427-6347

**May 2017**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1) Spaghetti &amp; Meatballs</b> <b>Vegetable</b> <b>Garlic Bread</b> <b>Salad Bar with Fruit</b> <b>Game night 4:00-6:00</b>	<b>2) Ham &amp; Cheese Sandwich</b> <b>Soup, Vegetable</b> <b>Salad Bar with fruit</b>  <i>Tai Chi 6 pm</i> <i>Blood pressure check 11-noon</i> <i>Watercolor class 2:30</i>	<b>3) Chili, Rice</b> <b>Dinner Roll</b> <b>Vegetable</b> <b>Salad Bar with Fruit</b>	<b>4) Grilled Italian</b> <b>Sausage</b> <b>Sauer Kraut</b> <b>Pork &amp; Beans</b> <b>Salad Bar with Fruit</b> <i>Blues Harmonica</i> <i>Workshop 6:00</i>	<b>5) Baked Chicken, Stuffing,</b> <b>Gravy</b> <b>Vegetable</b> <b>Salad Bar with Fruit</b>
<b>8) Country Fried Steak</b> <b>Hash Browns</b> <b>Sausage Gravy</b> <b>Vegetable</b> <b>Salad Bar with Fruit</b> <b>Game NIGHT 4:00-6:00</b>	<b>9) Sweet &amp; Sour Pork w/ Rice</b> <b>Bread</b> <b>Vegetable</b> <b>Salad Bar with Fruit</b>  <i>Blood pressure check 11-noon</i>	<b>10) Egg Casserole</b> <b>Biscuits, Gravy</b> <b>Sausage</b> <b>Salad Bar with Fruit</b>	<b>11) Hot Turkey</b> <b>Sandwich</b> <b>Mashed Potatoes</b> <b>Vegetable</b> <b>Salad Bar with Fruit</b>	<b>12) Fettuccini Alfredo</b> <b>Vegetable</b> <b>Salad Bar with Fruit</b>
<b>15) Chicken Tenders</b> <b>Tater Tors</b> <b>Vegetable</b> <b>Salad Bar with Fruit</b>  <b>Game Night 4:00-6:00</b>	<b>16) Lasagna</b> <b>Garlic Toast</b> <b>Vegetable</b> <b>Salad Bar with Fruit</b> <i>Blood Pressure Check 11-noon</i> <i>Watercolor class 2:30</i>	<b>17) Chili Dog</b> <b>Chips</b> <b>Vegetable</b> <b>Salad Bar with Fruit</b>	<b>18) Baked Cod</b> <b>Rice Pilaf</b> <b>Vegetable</b> <b>Salad Bar with Fruit</b> <b>Healthy Living w/</b> <b>Chronic Pain 1:30</b>	<b>19) Beef Enchilada</b> <b>Casserole</b> <b>Rice &amp; Beans</b> <b>Salad Bar with Fruit</b>
<b>22) Pulled Pork</b> <b>Baked Beans</b> <b>Vegetable</b> <b>Salad Bar with Fruit</b> <b>GAME NIGHT 4:00-6:00</b>	<b>23) Beef Stroganoff, Noodles</b> <b>Bread Stick</b> <b>Salad Bar with Fruit</b> <i>Blood pressure check 11-noon</i>	<b>24) Arizona Burger</b> <b>Chips</b> <b>Tomato Soup</b> <b>Salad Bar w/ Fruit</b>	<b>25) BLT</b> <b>Veggie Soup</b> <b>Salad Bar with Fruit</b> <b>Healthy Living w/</b> <b>Chronic Pain 1:30</b>	<b>26) Stuffed Peppers</b> <b>Vegetable</b> <b>Salad Bar w/ Fruit</b> <b>Cancer 101 1:30 p</b> <b>Cancer and Life</b>
<b>29) Meatloaf</b> <b>Mashed Potatoes w/ Gravy</b> <b>Vegetable</b> <b>Salad Bar with Fruit</b> <b>GAME NIGHT 4:00-6:00</b>	<b>30) Bacon Quiche</b> <b>Pancakes</b> <b>Salad Bar with Fruit</b>  <b>Blood pressure check 11-noon</b>	<b>31) Philly Chz Steak</b> <b>Chips</b> <b>Vegetable</b> <b>Salad Bar with Fruit</b>		

**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**