Yarnell Community Center
OPEN TO THE PUBLIC

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

Meals On Wheels
928-427-6347

August 2016

Monday	Tuesday	Wednesday	Thursday	Friday
1 Italian Sausage with Onions & Peppers Rice Salad Bar with Fruits & Veggies	2 Egg Casserole Pancakes Bacon Salad Bar with Fruits & Veggies	3 Beefy Mac-n-Cheese Garlic Toast Salad Bar with Fruits & Veggies	4 Hot Dog with Souerkraut Green Vegetable Salad Bar with Fruits & Veggies	5 Chili & Beans Garlic Bread Salad Bar with Fruits & Veggies
8 Pork Steaks Mashed Potatoes, Gravy Roll Salad Bar with Fruits & Veggies	9 Pan Fried Tilapia Vegetable Salad Bar with Fruits & Veggies	10 Philly Cheese Steak Vegetable Salad Bar with Fruits & Veggies	11 Chicken Tenders Green Beans Chips Salad Bar with Fruits & Veggies	12 Beef Enchiladas with Rich Red Sauce & Cheese Refried Beans Salad Bar with Fruits & Veggies
15 Meatloaf, Mashed Potatoes and Gravy Roll Salad Bar with Fruits & Veggies	16 Arizona Burger Fries Salad Bar with Fruits & Veggies	17 Bacon Quiche Vegetable Salad Bar with Fruits & Veggies	18 Baked Cod Scalloped Potatoes Broccoli & Cauliflower Salad Bar with Fruits & Veggies	19 Taco Salad Refried Beans Salad Bar with Fruits & Veggies
22 Tuna Casserole with Vegetables & Mushrooms Garlic Toasted Roll Salad Bar with Fruits & Veggies	23 Lasagna Garlic Toast Salad Bar with Fruits & Veggies	24 Chicken Thighs Over Rice Salad Bar with Fruits & Veggies	25 Sloppy Joes Pork & Beans Salad Bar with Fruits & Veggies	26 Spaghetti with Meat Sauce Roll Salad Bar with Fruits & Veggies
29 Green Chili Chicken Enchilada with Beans Salad Bar with Fruits & Veggies	30 Grilled Ham & Cheese Soup Tomato Soup Fruits & Veggies	31 Goulash Vegetable Salad Bar with Fruits & Veggies		

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