




Lunch Reservations: 928-774-2606

COCONINO COUNTY  
SENIOR NUTRITION PROGRAM  
245 N THORPE ROAD, FLAGSTAFF

# MENU

MON	TUE	WED	THU	FRI
<p><b>OLDER AMERICANS MONTH</b></p>  <p><b>ASIAN AMERICAN PACIFIC HERITAGE MONTH</b></p>  <p><b>JEWISH AMERICAN HERITAGE MONTH</b></p> 	<p><b>1</b> Chicken Fried Rice, Spinach Salad, Egg a Roll, and an Orange</p>	<p><b>2</b> Chef's Salad, a Roll and Tropical Salad</p>	<p><b>3</b> Brisket, Carrots, Potato Kugel w/ Shallots, a Roll, Chocolate Torte with Macerated Strawberries</p>	
<p><b>6</b> Beef Noodle Soup, Thai Salad, a Roll, and Strawberries <i>Happy Nurses Day</i></p> 	<p><b>7</b> Salmon Patty, Sweet Potatoes, Broccoli, a Roll, and Pears</p> 	<p><b>8</b> Caprese Egg Casserole, Israeli Salad, Wheat Bread, and Applesauce</p> 	<p><b>9</b> Swedish Meatballs, Cauliflower, Spinach, Rice, and Kiwi</p>	<p><b>10</b> Macadamia Nut Crusted Mahi-Mahi, Green Beans and Carrots, Butternut Squash, Wild Rice, and Hawaiian Wedding Cake</p>
<p><b>13</b> Couscous Royale (Chicken Sausage Dish), Carrots, a Roll, and Peaches</p> <p><b>Nurses Week</b></p>	<p><b>14</b> Hamburger Bar, Mixed Vegetables, Herbed Potatoes, and Apple Crisp</p>	<p><b>15</b> Chicken Cucumber Subs, Mexi-Cali Salad, Quinoa, and Pineapple</p>  <p><b>National Public Service Week</b></p>	<p><b>16</b> Southwest Mac n' Cheese, Carrots Broccoli, a Roll, and Grapes</p>	<p><b>17</b> Caramelized Pork Stir-Fry, Broccoli, Vegetable Dumplings, Brown Rice, an Orange, and Hamantaschen (Fruit Cookies)</p> <p><b>Armed Forces Week</b></p>
<p><b>20</b> Chicken Pot Pie, Kale Salad, Biscuit, and a Banana</p>	<p><b>21</b> Ratatouille (Eggplant and Squash dish), Mixed Greens Salad, a Roll, and Peaches</p>	<p><b>22</b> Cauliflower Bake, Swiss Chard, Garlic Bread, and Papaya</p>	<p><b>23</b> Corned Beef Sandwich, Spinach, Potatoes, and Cantaloupe</p>	<p><b>24</b> Salmon, Asparagus, Brussel Sprouts, Rice Pilaf, and Pineapple Upside Down Cake</p>
<p><b>27 CLOSED</b></p>  <p><b>MEMORIAL DAY</b></p>	<p><b>28</b> Meatloaf, Barley Vegetable Sauté, Mashed Potatoes, and Apple Cake</p>	<p><b>29</b> Vegetarian Lettuce Wraps, Baked Zucchini and Squash, a Roll and a Kiwi</p>	<p><b>30</b> Breaded Fish, Mashed Potatoes, Kale Mix, a Roll, and Cantaloupe</p>	<p><b>31 Summer Picnic</b> Hamburgers and/or Hot Dogs, Baked Beans, Mixed Veggies, Potato Salad, Coleslaw, Watermelon, and Grapes</p>

**HAPPY BIRTHDAY TO ALL OUR MAY BIRTHDAYS!!!**

### Congregate Meals

- To make or cancel a reservation at the congregate site please call 774-2606 by 2 pm the day before.
- Vegetarian or alternate meals may be served daily at the congregate site only. Please call the kitchen at 774-2606 one day in advance for an alternate meal.

### Home Delivery Meals (Meals on Wheels)

- To cancel a home delivered meal (MOW) for the day, please call 774-2606 before 9 am.
- Please return clean plastic trays to delivery driver the following day. All trays may be placed in a microwave.
- DO NOT PLACE TRAYS IN OVEN.**