

# AUGUST

**Williams Senior Center Kitchen Staff:**  
**928-679-7487**

COCONINO COUNTY HEALTH AND HUMAN SERVICES  
 COMMUNITY SERVICES SENIOR NUTRITION PROGRAM  
 850 GRANT ST. WILLIAMS, AZ 86046

MON	TUE	WED	THU	FRI
<b>1</b> Fish Tacos with cabbage, onions, cilantro, and a lime wedge, Pinto Beans, Mexican Rice, Fresh Fruit	<b>2</b> Strawberry Chicken Salad, Hawaiian Roll, Fresh Fruit	<b>3</b> French Dip Sandwiches with Au Jus, Potato Salad, Side Salad, Fresh Fruit	<b>4</b> Turkey and Swiss Croissant Sandwich Lettuce, Tomato, and Onion, Carrot Salad, Fresh Fruit	<b>5</b> Spaghetti with Meat Sauce, Green Beans, Caesar Salad, Mixed Fruit in Jell-O
<b>8</b> Cheeseburger with Lettuce, Tomato, and Onions, Baked Beans, Fresh Fruit	<b>9</b> Breakfast Burrito with Salsa, Country Potatoes, Sautéed Squash, Fresh Fruit	<b>10</b> Hot Ham and Cheese Sliders on a Hawaiian Roll, Green Salad, Mixed Vegetables, Fresh Fruit	<b>11</b> Enchiladas, Refried Pinto Beans, Buttered Corn, Fresh Fruit	<b>12</b> Fish and Chips, Pasta Salad, Fresh Fruit, Dessert
<b>15</b> Chef Salad with Ranch Dressing, Whole Wheat Dinner Roll, Fresh Fruit	<b>16</b> Honey Mustard Chicken, Cauliflower, Side Salad, Garlic Bread, Fresh Fruit	<b>17</b> Shrimp Boil, Coleslaw, Cornbread, Fresh Fruit	<b>18</b> Macaroni and Cheese, Broccoli, Side salad, Fresh Fruit	<b>19</b> Meatloaf, Garlic Mashed Potatoes, Green beans, Whole Wheat Roll, Fresh Fruit, Dessert
<b>22</b> Chicken Alfredo, Steamed Broccoli, Asparagus, Fresh Fruit	<b>23</b> BBQ Pulled Pork on a Bun, Side Salad, Potato Salad, Fresh Fruit	<b>24</b> Zuppa Toscano Soup, Caesar Salad, Bread Stick, Fresh Fruit	<b>25</b> Black Bean Quesadilla with Salsa and Sour Cream, Side Salad, Fresh Fruit	<b>26</b> Tuna Melt, Broccoli Salad, Sweet Potato Fries, Fresh Fruit, Dessert
<b>29</b> Smothered Pork Chops with Gravy, Mashed Potatoes, Mixed Veggies, Wheat Roll, Fresh Fruit	<b>30</b> Breaded Cod, Baked Potato with Sour Cream, Mixed Veggies, Dinner Roll, Fresh Fruit	<b>31</b> Baked Ham, Capri Blend Veggies, Yams, Hawaiian Roll, Fresh Fruit		

## Congregate Meals

- To make or cancel a reservation at the congregate site please call 928-679-7487 by 2 pm the day before.
- Pick up a to go meal at 12:00pm Monday– Friday. You may drive through or walkup to receive your meal.

## Home Delivery Meals (Meals on Wheels)

- To cancel a home delivered meal (MOW) for the day, please call 928-679-7487 before 9 am.
- Please DO NOT microwave aluminum trays. Food should be removed from tray prior to microwaving. However, aluminum trays are oven safe.
- Keep frozen meals in freezer until ready to consume. Frozen meals may be thawed overnight prior consumption and reheat to 165° F.

\*Services are funded by the Older Americans Act, SSBG funds and the State of Arizona. Funding is allocated on a regional basis from the Arizona Department of Economic Security, Division of Aging and Adult Services (DAAS) to Area Agencies on Aging. Eligibility for programs: Seniors or adults with disabilities. Additional requirements may vary by program. Client contributions are encouraged and are vital for continuation of the programs. Language assistance and alternate forms of communication are available upon request. Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, Area Agency on Aging NACOG prohibits discrimination in admissions, programs, services, activities or employment based on

THE SENIOR NUTRITION PROGRAM IS FUNDED IN PART BY COCONINO COUNTY, DES AND NACOG. MENU APPROVED BY LORRAINE CRIM, RDN.