



August 2019

Menu

Lunch Reservations: 928-774-2606

COCONINO COUNTY COMMUNITY SERVICES  
 SENIOR NUTRITION PROGRAM  
 245 N THORPE ROAD, FLAGSTAFF

MON	TUE	WED	THU	FRI
			<b>1</b> Swedish Meatball, Cauliflower, Spinach, Rise, Fresh Berries	<b>2</b> Chicken Fried Rice, Spinach Salad, Egg Roll, Orange
<b>5</b> Beef Noodle Soup w/mixed vegeta- bles, Thai Salad, Roll, Strawberries	<b>6</b> Macadamia Nut Crusted Mahi Mahi, Green Beans and Car- rots, Butternut Squash, Wild Rice, Hawaiian Wedding Cake, Orange	<b>7</b> Turkey Caprese Casserole w/ Tomatoes, Israeli Salad with Cucum- bers and Tomatoes, Wheat Bread, Applesauce	<b>8</b> Chef's Salad w/ boiled egg, turkey, and ham, Roll, Tropical Salad	<b>9</b> Salmon Patty, Sweet Potatoes, Broccoli, Roll, Pears
<b>12</b> Couscous Royale (Chicken Sausage links) w/Carrots, Broccoli and Peas, Roll, Peaches	<b>13</b> Hamburger Bar, Mixed Vegetables, Herbed Potatoes, Apple Crisp	<b>14</b> Chicken Cucumber, Mexi-Cali Salad, Quinoa, Pineapple	<b>15</b> Caramelized Pork Stir-Fry, Broccoli, Vegetable Dumplings, Brown Rice, Orange, Snickerdoodle Cookie	<b>16</b> Southwest Mac n Cheese, Carrots, Broc- coli, Roll, Grapes
<b>19</b> Cauliflower Bake w/Ground Turkey, Collard Greens, Garlic Bread, Tropical Fruit	<b>20</b> Ratatouille (Eggplant and Squash dish), Mixed Greens Salad, Roll, Peaches	<b>21</b> Chicken Pot Pie, Kale Salad, Baked Apple Slices	<b>22</b> Corned Beef Sandwich on a bun, Spinach, Potatoes, Cantaloupe	<b>23</b> Salmon, Asparagus and Brussel Sprouts, Rice Pilaf, Pineapple Upside Down Cake
<b>26</b> Cheese Tortelli w/ Tomatoes, Spinach, Garlic Bread, Peaches	<b>27</b> Meatloaf, Barley Vegetable Sauté, Mashed Potatoes, Apple Cake	<b>28</b> Vegetarian Mini Pita w/Tahini and Cauliflower, Baked Zucchini and Squash, Roll, Grapes	<b>29</b> All Beef Hot Dog, Baked Beans, Mixed Veggies, Coleslaw, Chunky Watermelon	<b>30</b> Breaded Fish, Mashed Potatoes, Kale Mix, Roll, Spiced Pears

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

**Congregate Meals**

- To make or cancel a reservation at the congregated site please call 774-2606 by 2 pm the day before.
- Vegetarian or alternate meals may be served daily at the congregated 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.