## Lunch Reservations: 928-774-2606

**COCONINO COUNTY HEALTH AND HUMAN SERVICES**  
**COMMUNITY SERVICES**  
**SENIOR NUTRITION PROGRAM**  
**245 N THORPE ROAD, FLAGSTAFF**

### MENU

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
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</thead>
<tbody>
<tr>
<td><strong>Happy Labor Day! Kitchen Closed</strong></td>
<td>2</td>
<td>Sloppy Joes, Baked Beans, Spinach Salad, and Mango</td>
<td>3</td>
<td>Fish Tacos, Black Beans, Brown Rice, Carrots, and Pineapple</td>
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<tr>
<td>Chicken Parmesan w/ Noodles, Succotash, Carrots, and Grapes</td>
<td>9</td>
<td>Pork Ribs, Baked Beans, Potato Salad, Roll, and Cantaloupe</td>
<td>10</td>
<td>Green Chile Enchiladas, Pinto Beans, Elote, Romaine &amp; Diced Tomatoes, and Tropical Fruit</td>
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<tr>
<td>Garlic Shrimp Linguine, Broccoli, Summer Squash, and Banana</td>
<td>16</td>
<td>Chicken Salad Sandwich, Roasted Vegetables, and Fruit Cocktail</td>
<td>17</td>
<td>Roast Beef w/ Gravy, Mashed Potatoes, Mixed Veggies, WW Roll, and Mango</td>
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<tr>
<td>Pasta Primavera, Cannellini Beans, Steamed Cauliflower, and Mandarin Oranges</td>
<td>23</td>
<td>Braised Short Ribs w/ Onions and Carrots, Brussel Sprouts, Mashed Potatoes, Roll, and Grapes</td>
<td>24</td>
<td>Taco Salad w/ Black Beans, Spanish Rice Lettuce &amp; Tomatoes, and Pineapple</td>
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</table>
| Chicken & Dumplings, Mixed Veggies, Kale, and Nutty Apple Salad | 30 | **Cooking Class at the Joe C. Montoya Community and Senior Center**  
**September 19, 2019**  
**11:00 am** | | | |

### HAPPY BIRTHDAY TO ALL OUR SEPTEMBER 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.**

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**The Senior Nutrition Program is funded in part by Coconino County, DES and NACOG. NACOG AAA Nutritionist Approved 8/28/19**