




Lunch Reservations: 928-774-2606

Call by 2pm the day before

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

MON	TUE	WED	THU	FRI
	1 Tilapia with lemon butter, Quinoa, Summer squash, Black beans, Tropical fruit salad	2 Baked ham, Potato salad, Green salad, Whole-grain breadstick, Peaches, Ice cream	3 Smothered pork chops, Roasted potatoes, Collard greens, Brown rice, Pears	4 Grilled chicken sandwich, Baked beans, Mixed veggies, Fruit cup
7 Happy Labor Day!	8 Shepherd's pie, Sautéed cabbage, Cornbread, Blueberries	9 Turkey on a croissant, Lettuce/tomato/onion, Cucumber salad, Honeydew, Gelatin	10 Corn chowder, Black-eyed peas, Green salad, Whole-wheat roll, Mandarin oranges	11 Baked ziti with sausage, Sautéed spinach, Mixed veggies, Fruit cup
14 Fish taco, Brown rice, beans, mixed veggies, Watermelon	15 Swedish meatballs, Egg noodles, Sautéed greens, Mixed veggies, Peaches	16 Chef's salad, Whole-grain breadstick, Strawberries, Cheese cake	17 Herb-roasted chicken, Mixed veggies, Kale salad, Hawaiian roll, Grapes	18 Minestrone soup, Side salad, Garlic bread, Fruit cup
21 Hamburger, Sweet potato fries, Lettuce/tomato/onion, Applesauce	22 Black Bean Chili, Roasted Cauliflower, Cornbread, Cantaloupe	23 Chicken Pot Pie, Broccoli, Whole-wheat roll, Blueberries, Oatmeal cookie	24 Green chile enchiladas, Pinto beans, Corn, Side salad, Mandarin oranges	25 Dijon-herb baked salmon, Wild rice, Mixed veggies, Green salad, Fruit cup
28 Sausage and peppers sandwich, Green salad, Grapes	29 Eggplant parmesan, Spaghetti with marinara sauce, Mixed veggies, Cannellini beans, Peaches	30 Tuna patties, Buttered egg noodles, Succotash, Sautéed spinach, Strawberry applesauce, Chocolate pudding		

****No meal served September 7 due to holiday closure.****

<u>Congregate Meals</u>	<u>Home Delivery Meals (Meals on Wheels)</u>
<ul style="list-style-type: none"> To make or cancel a reservation at the congregare site please call 774-2606 by 2 pm the day before. Vegetarian or alternate meals may be served daily at the congregare site only. Please call the kitchen at 774-2606 one day in advance for an alternate meal. 	<ul style="list-style-type: none"> 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.