

# March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BIRTHDAYS</b> <b>3-SCOTT M.</b> <b>9-MARLENE T.</b> <b>12-NOLAN M.</b> <b>16- JULIAN F.</b> <b>20-MARY Y.</b> <b>24- AFTON J &amp; NELLIE H.</b> <b>25-JEAN M.</b> <b>27- BETTY N.</b>	<b>Senior Pot Luck</b> <b>@ Fredonia</b> <b>Senior</b> <b>Center</b> <b>March 2<sup>nd</sup></b> <b>from 12-4</b>	<b>MEALS ARE</b> <b>PARTIALLY FUNDED</b> <b>BY NACOG AND DES</b>	<b>PLEASE CALL BY 10</b> <b>AM, DINE IN OR</b> <b>CARRY OUT</b> <b>928-643-7278</b>	<b>1</b> Beef Stroganoff with mushrooms over Noodles Brussels Sprouts Tossed Green Salad HDM: Spinach Pineapple
<b>4</b> Chicken Stir Fry with Carrots, celery & bean sprouts Oriental Veggie Mix Egg Rolls Mandarin Oranges Fortune Cookie <b>POUND CAKE DAY</b>	<b>5</b> Lasagna Italian Blend veggies Spinach Salad HDM: Cooked Spinach Garlic Bread Applesauce	<b>6</b> Tuna melts Sweet Potato Fries Steamed Broccoli Rye Bread Pears <b>WHITE CHOCOLATE CHEESECAKE DAY</b>	<b>7</b> Rosemary Chicken Roasted Red Potatoes Peas & Carrots Corn Bread Peaches Tapioca Pudding	<b>8 BAKE SALE</b> Cream of Broccoli Soup Cheese & Crackers Black Beans & Corn Stewed Tomatoes Coleslaw WG Bread Bowl Nutty Apple Salad
<b>11</b> Roast Beef & Gravy Mashed Potatoes Mixed Vegetable WW Bread Fruit Cocktail	<b>12</b> Curry Chicken Brown Rice Squash Medley Green Salad Muffin Mandarin Oranges	<b>13</b> Navajo Tacos Pinto Beans Mexicali Corn Romaine & Diced Tomatoes Pineapple	<b>14</b> Chili Beans Baked Potato Seasoned Carrots Corn Bread Fruit Ambrosia Bread Pudding	<b>15ST. PATTY'S LUNCH</b> Corn Beef and Cabbage Red Potatoes Green Beans Irish Soda Bread Pears Pistachio Bars
<b>18</b> Sloppy Joe's Oven Fries Cole Slaw Mixed Veggies WG Roll Fresh Orange <b>SLOPPY JOE DAY</b>	<b>19</b> Biscuits & Gravy Frittata with Peppers, Tomatoes, Onions Roasted Potatoes Sliced Tomatoes Tropical Fruit	<b>20</b> Chicken Noodle Soup W Celery, Carrots Grill Cheese Sandwich Corn Citrus Salad	<b>21</b> Meatloaf Mashed Potatoes Green Beans Green Salad WG Roll Cranberry Salad Brownie	<b>22</b> Patty Melt Butternut Squash Steamed Cauliflower WW Bread Applesauce
<b>25</b> BBQ Pork Ribs Baked Beans Spinach Salad HDM: Cooked Spinach WG Bun Mandarin Oranges	<b>26</b> Shephard's Pie with Peas, Carrots and Mashed Potatoes Spinach WG Biscuit Citrus Salad Pudding <b>SPINACH DAY</b>	<b>27</b> Bratwurst on Bun Sauerkraut Potato Salad HDM: Mashed Potatoes Baked Beans Melon Medley Rice pudding	<b>28</b> Jambalaya with Stewed Tomatoes, Peppers, Onions Red beans Brown Rice Spinach Peaches <b>BLACK FOREST CAKE DAY</b>	<b>29</b> Chicken Tacos Black beans Spanish Rice Lettuce & Tomatoes Pico de Gallo Tropical Fruit

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 race, color, religion, sex, national origin, age, and disability. Area Agency on Aging NACOG must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities.