

# MARCH 2020

**THE FREDONIA  
SENIOR CENTER**

928-643-7278

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Navajo Tacos w/ the works Corn Salad <b>BANANA CREAM PIE DAY</b>	3 Beef Stew W/ Potatoes Green Beans Broccoli Salad WG Roll Peaches	4 Pork Chops Sweet Potato Fries Brussels Sprouts WG Roll Grapes <b>POUND CAKE DAY</b>	5 Biscuits & Sausage Gravy Scrambled eggs Bell Peppers and Onions w/Red Potatoes Sliced Oranges	6 Orange Chicken Oriental Vegetables Stir Fry Noodles Egg Roll Spinach Salad Pineapple Fortune Cookie
9 Swedish Meatballs over Brown Rice Corn Carrots Cheesy Bread Pineapple <b>MEATBALL DAY</b>	10 Beef Stroganoff Broccoli Seasoned Carrots WG Roll Fruit Cocktail Lemon Bar	11 Mac & Cheese W/ Ham Creamed Cauliflower Peas and Carrots Raisin Bread Fruit Ambrosia	12 Fiesta Lime Chicken with stewed tomatoes Zucchini Green Salad WW Tortilla Chips Grapes	13 <b>BAKE SALE</b> Chicken Fried Steak w/ Country Gravy Parsley Potatoes Blended Vegetables WG Roll Tropical Fruit <b>COCONUT TORTE DAY</b>
16 Oven Fried Chicken Sweet Potato Fries Green Beans Muffin Orange	<b>HAPPY ST. PATTY'S DAY</b> Corned Beef and Cabbage Red Potatoes Carrots Lime Jello Salad Irish Soda Bread Pistachio Pudding Bars	18 Spaghetti Italian Blend Vegetables Spinach Salad HDM: Cooked Spinach WG Garlic Bread Pineapple	19 Lemon Pepper Fish Broccoli Mashed Butternut Squash Corn Bread Tropical Fruit	20 Cheese Ravioli Brussel Sprouts Broccoli Salad WG French Bread Peaches <b>RAVIOLI DAY</b>
23 Chicken Cordon Bleu Brown Rice Brussels Sprouts Green Salad Biscuits Pears	24 Peppered Cheesesteak Sandwich Potato Salad Sliced Tomatoes Strawberry ShortCake <b>PEPPERED CHEESESTEAK DAY</b>	25 Meatloaf Mashed Potatoes Peas and Carrots WG Roll Pineapple	26 Bratwurst on a WG Roll Oven Fries Mixed Vegetables Coleslaw Peaches	27 Chicken Quesadilla Black Beans Pico de Gallo Spanish Rice Green Salad Mandarin Oranges
30 Green Chili Burrito Pinto Beans Mexican Corn Shredded Romaine & Tomatoes Citrus Salad	31 Tater Tot Casserole Broccoli and Cauliflower Cornbread Baked Cinnamon Apples <b>TATER TOT DAY</b>	<b>Happy Birthday!</b> 09- MARLENE T. 12- NOLAN M. 16- JULIAN F. 24- AFTON J. 24- NELLIE H.	<b>ALL MEALS ARE PARTIALLY FUNDED BY NACCOG AND DES</b>	<b>IMPORTANT YOU MUST CALL before 10 AM Dine in or carry out</b>

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