



THE FREDONIA SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All meals are Partially funded By Nacog and DES</p>		<p>BIRTHDAYS 7- Pat T. 10- Diane B. 11- Carolyn T. 20- Tony C. 21- Joe N.</p>	<p>Please call by 10 AM ALL MEALS ARE DELIVERED 928-643-7278</p>	<p>1. Sloppy Joes Oven Fries Broccoli Salad Peaches CHOCOLATE PARFAIT DAY</p>
<p>4. Ground Rounds w/ grilled onions Yummy Potatoes Seasoned Carrots WG Roll Fruit Salad</p> 	<p>5. Lasagna Italian Blend veggies Mixed Greens salad (HDM: Green Beans) WG garlic bread Pears w/cottage cheese</p>	<p>6. Santa Fe Turkey Melts Sourdough Bread Carrot Raisin Salad Spinach Salad Cinnamon Baked Apples</p>	<p>7. Fiesta Lime Chicken stewed tomatoes Brown Rice W/ Black Beans Zucchini & Red Peppers WG Bread Orange</p>	<p>HAPPY Mother's Day Chicken Fried Steak Mashed Potatoes Cooked Spinach WG Biscuit Strawberry Pie</p>
<p>11. Hawaiian Hay Stacks W/Chicken, Cheese, peas, tomatoes, olives, onions, oranges, pineapple WG Roll Strawberries</p>	<p>12. Beef Stroganoff Over/Noodles Cauliflower & Broccoli Pears & Berries NUTTY FUDGE DAY</p>	<p>13. Taco Salad on a Tortilla w/ The works Chips & Salsa APPLE PIE DAY</p> 	<p>14. Cat Fish Sweet Potato Fries Cole Slaw Fresh Orange BUTTERMILK BISCUITS DAY</p>	<p>15. Mega Meat Pizza Vegetable Soup Caesar Salad Cinnamon Breadsticks Jell-O w/Fruit PIZZA PARTY DAY</p>
<p>18. Chicken Stir Fry over Brown Rice Steamed Cabbage Mandarin Oranges Egg Rolls Fortune Cookie</p>	<p>19. Pork Roast Stuffing Green Beans Broccoli &Cauliflower WG roll Peaches DEVILS FOOD CAKE DAY</p> 	<p>20. Chicken Pot Pie w/ Mixed Vegetables Carrot Raisin Salad Biscuit Banana</p>	<p>21. Ham & Cheese Sliders On WW Rolls w/ Chips Macaroni Salad Boiled Egg STRAWBERRIES AND CREAM DAY</p>	<p>22. CLOSED FOR MEMORIAL DAY </p>
<p>25. CLOSED FOR MEMORIAL DAY </p>	<p>26. Meatloaf Roasted Potatoes & Onions, Carrots WG Biscuit BLUEBERRY CHEESECAKE DAY</p>	<p>27. Mac & Cheese w/ Ham Peas Mixed Green Salad (HDM: Cooked Carrots) WG Roll Mandarin Orange</p> 	<p>28. Cheese Burgers w/ The Works French Fries Broccoli Salad Cherry Cobbler HAMBURGERS DAY</p>	<p>29. French Dip Sandwich Baked Beans Potato Salad Apple Waldorf Salad</p>

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.