



2019

THE FREDONIA SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All meals are Partially funded By Nacog and DES</p> <p>Please call by 10 AM Dine in or carry out 928-643-7278</p>	<p>BIRTHDAYS</p> <p>7- Pat T. 10- Diane B. 11- Carolyn T. 20- Tony C. 21- Joe N.</p>	<p>1</p> <p>Santa Fe Turkey Melts Sourdough Bread Carrot Raisin Salad Spinach Salad (Steamed for HDM) Cinnamon Baked Apples</p> <p>CHOCOLATE PARFAIT DAY</p>	<p>2</p> <p>Ground Round w/ grilled onions Parsley Potatoes California Blend Vegetables WG Roll Tropical Salad</p> <p>TRUFFLE DAY</p>	<p>3</p> <p>Ham & White Beans w/ peppers & onions Carrots & Celery Sticks Radish Salad Corn Bread Peaches Cookie</p>
<p>6</p> <p>Country Herb Chicken Yummy Potatoes Acorn Squash Seasoned Carrots WG Roll Strawberries</p>	<p>7</p> <p>Lasagna Italian Blend veggies Mixed Greens salad (HDM: Green Beans) WG garlic bread Pears w/ Jell-O</p>	<p>8</p> <p>Beef Fajitas w/peppers WW Flour Tortilla Fiesta Bean Salad Diced Cabbage & Tomato Pineapple</p> <p>COCONUT CREAM PIE DAY</p>	<p>9</p> <p>Fiesta Lime Chicken stewed tomatoes Brown Rice W/ Black Beans Zucchini & Red Peppers WG Bread Orange</p> <p>BUTTERSCOTCH BROWNIE DAY</p>	<p>HAPPY Mother's Day</p> <p>Chicken Fried Steak Mashed Potatoes Cooked Spinach WG Biscuit Pineapple Strawberry Pie</p>
<p>13</p> <p>Pork Roast Stuffing Butter Nut Squash Broccoli & Cauliflower WG roll Peaches</p> <p>APPLE PIE DAY</p>	<p>14</p> <p>Beef Stroganoff Over/Noodles Cauliflower & Broccoli Pears & Berries</p> <p>BUTTERMILK BISCUIT DAY</p>	<p>15</p> <p>Taco Salad in a Tortilla Bowl Mixed Greens w/ Tomatoes Pinto Beans Melon Meledy</p>	<p>16</p> <p>Cat Fish Sweet Potato Fries Cole Slaw (HDM: Green Beans) WG Roll Fresh Orange</p>	<p>17</p> <p>Roast Beef Mashed Potatoes California Blend Vegetables Cucumber Salad Applesauce</p> <p>CHERRY COBBLER DAY</p>
<p>20</p> <p>Beef Broccoli Stir Fry over Brown Rice Steamed Cabbage Mandarin Oranges Egg Rolls Fortune Cookie</p>	<p>21</p> <p>Hawaiian Hay Stacks W/Chicken, Cheese, peas, tomatoes, olives, onions, oranges, pineapple WG Roll Strawberries</p>	<p>22</p> <p>Chicken Pot Pie w/ Mixed Vegetables Kale Salad HDM: Steamed Kale Biscuit Banana</p> <p>VANILLA PUDDING DAY</p>	<p>23</p> <p>Biscuits and Gravy Frittata with Red Peppers, Spinach, Onions Roasted Potatoes Sliced Tomatoes Tropical Fruit</p>	<p>24</p> <p>CLOSED FOR MEMORIAL DAY</p> 
<p>27</p> <p>CLOSED FOR MEMORIAL DAY</p> 	<p>28</p> <p>Meatloaf Roasted Potatoes & Onions, Carrots WG Biscuit Citrus Salad Brownie</p> <p>HAMBURGER DAY</p>	<p>29</p> <p>Fish Tacos w/ cabbage & tomatoes Refried Beans Mexi Corn Pears Cookie</p>	<p>30</p> <p>Mac & Cheese w/ Ham Peas Mixed Green Salad (HDM: Cooked Carrots) WG Roll Applesauce</p>	<p>31</p> <p>French Dip Sandwich Baked Beans Coleslaw (HDM: Cooked Kale) 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.