

# OCTOBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ALL MEALS ARE PARTIALLY FUNDED BY DES AND NACOG PLEASE CALL BY 10 AM DINE IN OR CARRY OUT 928-643-7278</b>	1 BBQ Pork Sandwich Baked Beans Spinach Salad WG Roll Strawberries <b>HOMEMADE COOKIES DAY</b>	2 Orange Chicken Oriental Vegetables WG Noodles Green Salad Mandarin Oranges Fortune Cookie	3 Breaded Fish Fries Cole Slaw (HDM: Green Beans) Cornbread Grapes <b>TRICK OR TREAT</b>	4 Oktoberfest Taco Salad W/ the works WG Tortilla Pinto Beans Applesauce Cake <b>TACO DAY</b>
7 Lasagna Italian Blend veggies Spinach Salad WG garlic bread Apple Waldorf Salad	8 Chicken & Dumplings w/ Carrots, Celery, Brussels Sprouts WG Roll Pears & Cottage Cheese	9 Biscuits and Gravy Eggs Bell Peppers, Tomatoes, Onions Roasted Potatoes Berries	10 Meatloaf - Mashed Potatoes Peas and Carrots WG Roll Citrus Salad <b>ANGEL FOOD CAKE DAY</b>	11 <b>BAKE SALE</b> Fajitas Corn Tortillas Peppers & Onions Black Bean Corn Salad Tropical Salad
14 Chicken Rice Casserole Peas and Carrots Mixed Greens Salad Muffin Peaches	15 Pork Roast Mashed Potatoes & Gravy Mixed Vegetables WW Bread Fruit Ambrosia	16 Bratwurst on Bun Sauerkraut Potato Salad Baked Beans Applesauce	17 Chicken Parmesan Squash Medley Seasoned Carrots Garlic Bread Fruit Salad <b>PASTA DAY</b>	18 Baked Potato Chili Beans w/ Stewed Tomatoes Broccoli WG Biscuit Fresh Apple <b>CHOCOLATE CUPCAKE DAY</b>
21 Chicken a la King with Peas, Carrots, mushrooms Over Noodles Steamed Spinach Mandarin Oranges <b>PUMPKIN CHEESECAKE DAY</b>	22 Lemon Pepper Fish Rice pilaf Mashed Butternut Squash Steamed Broccoli WW Bread Applesauce	23 Split Pea & Ham Soup Carrots & Onions Coleslaw Breadsticks Peaches <b>BOSTON CREAM PIE DAY</b>	24 Open Face Turkey Sandwich Mashed Potatoes Green Beans WW Bread Grapes	25 Chicken Strips French Fries Broccoli Salad Muffins Jell-O Fruit Salad <b>GREASY FOOD DAY</b>
28 Green Chile Chicken Enchiladas Pinto Beans Mexicali Corn Romaine & Diced Tomatoes Tropical Fruit	29 Salisbury Steak Baked Potato Cooked Carrots Green Salad WG Roll Peaches	30 Ranch Chicken Rice Pilaf Green Beans Cauliflower Corn Bread Sliced Oranges Brownie	31 <b>HALLOWEEN LUNCH</b> <b>FRIED WERE WOLF W/ WORMS</b> <b>WASHED MAGGOTS</b> <b>CAT EYES &amp; BUGS</b> <b>GHOST DROPPINGS</b> <b>WITCHES NAILS</b> <b>W/ DRACULA BLOOD</b>	<b>HAPPY BIRTHDAY</b> <b>29-DARWIN CRAWFORD</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.