



CHANDLER
arizona

The suggested contribution for those 60 and above and those under 60 with disabilities is \$3.50.

Contributions above the suggested donation are always appreciated.

AZCEND Senior Nutrition

Program Manager:

Kelly Delgado
480-782-2721

Outreach Specialist:

480-503-6061

Home Delivered Meals:

480-503-6058

Transportation:

Para Transit: 602-716-2200
Ride Choice: 602-716-2100
Chandler FLEX:
602-932-0291

Senior HELP Line:

602-264-4357

EMPACT Counseling:

480-784-1514 EXT. 1219

Housing Assistance:

480-782-3200

Chandler Senior Center:

480-782-2720

LUNCH MENU - OCTOBER

Menus are subject to change. Lunch is served M-F at 11:30 a.m.

MON	TUE	WED	THUR	FRI
	1 Cottage Pie Spinach Chateau Blend Fruit Cocktail	2 Southwest Chicken Wrap Coleslaw Broccoli Salad Mandarin Orange	3 Provencal Pork California Blend Fennel, Tomatoes, Collard Greens Sliced Peaches	4 Tricolored Cheese Tortellini Baby Carrots Green Beans Pineapple
7 Pork Carnitas Roasted Corn w/Lima Beans Collard Greens Cinnamon Apple Slices	8 Chicken & Broccoli Stir Fry Asian Blend Peas w/Pearl Onions Fresh Fruit Salad	9 Healthy Choice Lasagna Broccoli Mediterranean Blend Mango	10 Baked Cod w/Tomato Relish Midori Blend Cauliflower Apricot	11 Beef Patty in Gravy California Blend Mashed Potatoes Mixed Berry Crisp
14 In Service Day	15 Baked Chicken w/Gravy Root Vegetable Blend Diced Yams Strawberries	16 Meatloaf w/Gravy Mashed Potatoes Spinach Peaches	17 Turkey Tetrazzini Broccoli Chef's Choice Veggie Pineapple & Blueberries	18 Southwest Pork Casserole Country Blend Peppers & Onions Mango Fruit Salad
21 Lentils Carrot, Onion, Spinach Ratatouille Blend Mixed Berries	22 Grilled Chicken Strips Caesar Salad Fennel & Orange Pineapple	23 Pulled Pork Cowboy Beans Baby Carrots Apricots	24 Cheeseburger Spinach Corn Cranberry Applesauce	25 Pozole Oven Potato Hash Peppers & Onions Pears
28 Beef Stew Acorn Squash Biscuit Apple	29 Cheesy Pasta Primavera Italian Blend Mandarin Oranges	30 Turkey A La King Asparagus Stewed Tomatoes Peaches & Blueberries	31 Spaghetti & Meatballs	*To Make Reservations For Lunch Please Call 480-782-2721

DISCOVER.

IMAGINE.

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