



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 - DECEMBER

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

MON	TUE	WED	THUR	FRI
2 Pork Carnitas Roasted Corn w/Lima Beans Cinnamon Apple Slices	3 Chicken Stir Fry Asian Blend Peas w/Onions Fresh Fruit Salad	4 Vegetable Lasagna Broccoli Mediterranean Blend Mango	5 Baked Cod w/Tomato Relish Midori Blend Cauliflower Apricot	6 Beef Patty California Blend Mashed Potatoes Mixed Berry Crisp
9 Baked Chicken w/Gravy Root Vegetable Blend Diced Yams Strawberries	10 5 Bean and Rice Casserole Stewed Tomatoes Scandinavian Blend Orange	11 Meatloaf w/Gravy Mashed Potatoes Spinach Peaches	12 Turkey Tetrazzini Broccoli Chef's Choice Veg Pineapple & Blueberrie	13 Southwest Pork Casserole Country Blend Peppers & Onions Mango Fruit Salad
16 Lentils Carrot, Onion, Spinach Ratatouille Blend Mixed Berries	17 Egg Scramble Oven Potato Hash Creamed Spinach Fresh Fruit Salad	18 Pulled Pork Cowboy Beans Baby Carrots Apricots	19 Baked Ham Sweet Potatoes Brussel Sprouts Cherry Pie	20 Pork Posole Oven Potato Hash Peppers & Onions Pears
23 Beef Stew Acorn Squash Apple	24 Cheesy Pasta Primavera Italian Blend Mandarin Oranges	25 Senior Center Closed	26 Crab Salad Mediterranean Salad Coleslaw Mango Fruit Salad 	27 Beef SOS Brussel Sprouts Chateau Blend Strawberries
30 Pork Chop w/Gravy Rosemary Potatoes Peas & Carrots Pina Colada	31 Baked Chicken w/Gravy Chef's Choice Veg Italian Blend Apricots			*To Make Reservations For Lunch Please Call 480-782-2721