



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 - JANUARY

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

MON	TUE	WED	THUR	FRI
*To Make Reservations For Lunch Please Call 480-782-2721		<b>1</b> Senior Center Closed For New Years Day	<b>2</b> Mexican Corn, Pinto Bean, & Quinoa Bake Butternut Squash Tropical Mix	<b>3</b> Tuna Salad Sandwich Potato Salad Romaine Salad Oranges
<b>6</b> Baked Penne w/Ricotta & Mozzarella Winter Blend Garden Salad Fresh Fruit Salad	<b>7</b> Beef Tips w/Mushroom Gravy Island Blend Diced Yams Diced Peaches	<b>8</b> Tilapia Picada Roasted Zucchini & Onions Lima Beans Apricots	<b>9</b> Curry Chicken Stew Cauliflower Spinach Ambrosia	<b>10</b> Spanish Style Pork Chop w/Gravy Italian Blend Beans in Adobo Apple Slices
<b>13</b> Baked Chicken w/Pesto & Cheese Sandwich Collard Greens Baby Carrots Diced Pears	<b>14</b> Spanish Pork Stew Brussel Sprouts Stewed Tomatoes Tropical Mix	<b>15</b> Egg Salad Sandwich Spinach Salad Vegetable Soup Mixed Berries	<b>16</b> Mahi Mahi w/Citrus Sauce Roasted Red Potatoes Winter Blend Orange	<b>17</b> Beef & Broccoli Asian Blend Peas Strawberries & Peaches
<b>20</b> Senior Center Closed For MLK Day	<b>21</b> Cottage Pie Spinach Chateau Blend Fruit Cocktail	<b>22</b> Southwest Chicken Wrap Coleslaw Broccoli Salad Mandarin Oranges	<b>23</b> Provencal Pork California Blend Fennel w/Collard Greens & Tomatoes Sliced Peaches	<b>24</b> Tri-Colored Cheese Tortellini Baby Carrots Green Beans Pineapple
<b>27</b> Pork Carnitas Roasted Corn w/Lima Beans Collard Greens Cinnamon Apple Slices	<b>28</b> Chicken & Broccoli Stir Fry Asian Blend Peas & Pearl Onions Fresh Fruit Salad	<b>29</b> Healthy Choice Vegetable Lasagna Broccoli Mediterranean Blend Mango	<b>30</b> Baked Cod w/Tomato Relish Midori Blend Cauliflower Apricot	<b>31</b> Beef Patty in Gravy California Blend Mashed Potatoes Mixed Berry Crisp

