



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 - JULY

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

MON	TUE	WED	THUR	FRI
1 Asian Ground Pork Stir Fry Peppers & Onions Pina Colada	2 Cheeseburger Chef's Choice Veggies Italian Blend Honeydew	3 Pork Ribette SW Coleslaw Fiesta Corn Salad Vanilla Yogurt & Berries	4 Senior Center Closed For Independence Day	5 Orange Chicken Stir Fry Blend Peas Oranges
8 Baked Swai w/Tomato Relish Green Beans Winter Blend Cantaloupe	9 Chicken w/Sweet Vinegar Peppers Island Blend Sweet Potato Wedges Diced Peaches	10 Sicilian Pork Roasted Fennel w/Onions Zucchini & Tomatoes Apricots	11 Curry Chicken Stew Cauliflower Spinach Ambrosia	12 Lentil Stew Oven Potato Hash Breadstick Apple slices
15 Turkey Tetrizzini Collard Greens Baby Carrots Diced Pears	16 Beef Tips w/Gravy Mashed Potatoes Asparagus Tropical Mix	17 Mediterranean Tuna Sandwich Spinach Salad Vegetable Soup Mixed Berries	18 Creamy Chipped Beef 5 Way Blend Chateau Blend Orange	19 Chicken Sandwich Diced Sweet Potatoes Peas Strawberries & Peaches
22 Beef Fajita w/Peppers & Onions Zucchini, Yellow Squash, Tomatoes Tropical Mix	23 Diced Pork w/Pineapples Spinach Cauliflower Ambrosia	24 Chicken Teriyaki Stir Fry Peas w/Pearl Onions Mandarin Oranges	25 Cheesy Pasta Primavera Garden Salad Island Blend Cantaloupe	26 Lemon Tilapia Green Beans Chateau Blend Pineapple
29 Baked Pork Loin w/Gravy Peas & Carrots Cauliflower Cinnamon Apple Slices	30 Chicken Chile Baked Potato Roasted Tomato & Zucchini Diced Peaches	31 Vegetable Lasagna Broccoli Mediterranean Salad Honeydew		*To Make Reservations For Lunch Please Call 480-782-2721