



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 - NOVEMBER

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				1 Beef SOS Brussel Sprouts Chateau Blend Strawberries
4 Pork Chop w/Gravy Rosemary Potatoes Peas & Carrots Pina Colada	5 Baked Chicken w/Gravy Chef's Choice Veggie Italian Blend Apricots	6 Beef Chili Broccoli Baked Potato Raspberry Applesauce	7 Mexican Corn, Pinto Bean & Quinoa Bake Butternut Squash Tropical Mix	8 Tuna Salad Sandwich Potato Salad Romaine Salad Oranges
11 Senior Center Closed in Observance of Veterans Day	12 Beef Tips Island Blend Diced Yams Diced Peaches	13 Tilapia Picata Roasted Zucchini w/Onions Lima Beans Apricots	14 Curry Chicken Stew Cauliflower Spinach Ambrosia	15 Spanish Style Pork Chop w/Gravy Italian Blend Cannelini Beans & Black Beans in Adobo Apple Slices
18 Baked Chicken w/Pesto & Cheese Sandwich Collard Greens Baby Carrots Diced Pears	19 Spanish Pork Stew Brussel Sprouts Stewed Tomatoes Tropical Mix	20 Egg Salad Sandwich Spinach Salad Vegetable Soup Mixed Berries	21 Roasted Turkey w/Gravy Green Beans w/Mushrooms Mashed Potatoes	22 Beef & Broccoli Asian Blend Veggies Peas Strawberries & Peaches
25 Fennel Dusted Pollack Capri Blend Asparagus Apple Slices	26 Cottage Pie Spinach Chateau Blend Fruit Cocktail	27 Southwest Chicken Wrap Coleslaw Broccoli Salad	28 Senior Center Closed for Thanksgiving	29 Senior Center Closed for Thanksgiving

DISCOVER.

IMAGINE.

GROW.