

November 2020 *Miami* Senior Center



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Grilled Cheese Sandwich, Pork Beans, Carrot Salad, Banana	3 Green Chili Chicken, Mexican Corn, Refried Beans, Spanish Rice, Ambrosia Fruit Salad	4 Baked Lemon Chicken, Mashed Potato, Stuffing, Pears w/Cottage Cheese	5 Salmon Steak, Au gratin Potatoes, Spinich, Cornbread, Peaches	6 Beef Stew, Corn, Coleslaw, Biscuit, Applesauce	7
8	9 Ham Salad, Brussel Sprouts, Macaroni Salad, Peaches	10 Chicken Chop Suey, Oriental Veggies, Broccoli, Rice Pilaf, Mandarin Orange	11 Hot Roast Beef Sandwich, Mashed Potato, Green Bean Casserole, Bread, Plum	12 Bean Burro Enchilada Style, Mexican Corn, Spinich Salad, Spanish Rice, Pineapple	13 Pork Roast, Yams, Peas & Carrots, Roll, Oatmeal Cookie, Apricots	14
15	16 Turkey Sandwich, Lima Beans, Broccoli, Roll, Apricot Halves	17 Macaroni w/Ham, Cauliflower, Peas & Carrots, Bread, Strawberry w/Cream	18 Beef Pork Casserole, Bread Crumbs Noodle, Cut Corn Green Beans, Bread, Applesauce	19 Swiss Steak, Broccoli w/Cheese Sauce, Mixed Veggies, Roll, Banana	20 Chicken Tenders, Mashed Potato w/Gravy, Sliced Carrots, Biscuit, Sliced Peaches	21
22	23 Tuna Salad, Romaine Salad w/Tomato, Potato Salad, Bread, Mixed Fruit	24 Tostada, Zucchini, Spanish Rice, Apricots	25 Roasted Turkey, Mashed Potato w/Turkey Gravey, Green Bean Casserole, Candied Yams, Pumpkin Pie	26 Thanksgiving Day Closed	27 Pork Green Chili, Refried Beans, Zucchini, Spanish Rice, Oranges	28
29	30 Egg Salad Sandwich, Spinich Salad, Potato Salad, Pears			3		5



NOTES: Miami Senior Center 506 Live Oak Street Miami, Arizona 85539 928-473-4190.

The Miami Senior Center cannot deliver home bound meals without authorization from case manager. Many people believe that they just have to call the center to receive a meal but they must be referred through Pinal-Gila Council for Senior Citizens, 1800-293-9393. Miami Senior Center complies with provisions of the ADA and Civil Rights Act of 1964 and does not discriminate on the basis of age, disability, race, color, nation, origin or gender.

and Congregate Meals \$2.00.

Suggested Donations: Home Delivered Meals \$ 2.00