

# October 2020

## Miami Senior Center



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

27				1	2	3
				Pork Chop w/Apple Stuffing & Gravy, Rice Pilaf, Broccoli, Apricots	Chicken Strips, Potato Wedges, Ranch Beans, Peaches	
4	5	6	7	8	9	10
	Taco Salad, Cucumber Salad, Mexican Rice, Oranges	Honey Ham, Roasted Potatos, Peas, Roll, Orange Slices	Chicken Alfredo, Fettaccini Noodles, Green Beans, Garlic Bread, Salad, Apple	Cheeseburger, Potato Wedges, Corn on the Cob, Applesauce	Teriyaki Chicken, Rice, Asian Salad, Bread, Oatmeal Cookie	
11	12	13	14	15	16	17
	Ham & Cheese Sandwich, Macaroni Salad, Peaches	Pot Roast w/Gravy, Mashed Potatos, Green Beans, Roll, Banana	Bratwurst, Sauerkraut, Potato Salad, Spiced Apples	Garlic Chicken w/Pasta, Cauliflower/Carrots, Garlic Bread, Apple	Beef Fajitas, Spanish Rice, Zucchini & Broccoli Slaw, Chocolate Pudding	
18	19	20	21	22	23	24
	Turkey Wrap, Ranch Beans, ColeSlaw, Peaches	Pepper Steak w/Gravy, Mashed Potatos, Mixed Veggies, Roll, Orange	Hot Dogs, Broccoli w/Cheese Sauce, Baked Beans, Pasta Salad, Pineapple	Mac & Cheese, Italian Veggies, Beets, Roll, Applesauce	Lime Baked Chicken, Parsley Butter Carrots, Broccoli, Calico Rice, Mango/Fruit Salsa	
25	26	27	28	29	30	31
	Egg Salad Sandwich, Carrot Sticks, Celery Sticks, Tomato Slice, Mandarin Orange	Spaghetti w/Meatsauce, Italian Veggies, Garlic Bread, Peaches	Chicken Fried Steak, Mashed Potatoes w/Gravy, Corn, Roll, Spiced Apples	Fish, Asparagus Tips, Cowboy Beans, Rice Pilaf, Roll, Plums	Sloppy Joe, Three Bean Salad, Coleslaw, Dill Pickle Slice, Mixed Fruit	



**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.  
**Suggested Donations: Home Delivered Meals \$ 2.00 and Congregate Meals \$2.00.**