



Yarnell Regional Community Center

OPEN TO THE PUBLIC


Meals on Wheels

928-427-6347

www.YarnellCommunityCenter.org

Lunch Served M-F 11am to 12:30pm

December 2018 Menu (CLUB YARNELL events are shaded on the calendar)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Hot Turkey Sandwich Mashed Potatoes Vegetable Salad Bar with Fruit Game Night 4-6pm	4 Cheese Steak Onion Rings Vegetable Salad Bar with Fruit Tai Chi 6pm Blood Pressure Checks 11-12	5 Pulled Pork Tater Tots Vegetable Salad Bar with Fruit	6 Chicken Breast Rice Vegetable Salad Bar with Fruit Dementia Workshop 1-2:30pm	7 Beef Stroganoff Noodles Vegetable Salad Bar with Fruit	8
9	10 Beef Ravioli Garlic Bread Vegetable Salad Bar with Fruit Game Night 4-6pm	11 Cheese Burger Tater Tots Vegetable Salad Bar with Fruit Blood Pressure Checks 11-12	12 Baked Cod Mac n Cheese Vegetable Salad Bar with Fruit	13 Pork Chops Stuffing Vegetable Salad Bar with Fruit Holiday Craft Workshop 3-5pm	14 Baked Chicken Rice Pilaf Vegetable Salad Bar with Fruit	15
16	17 Sweet n Sour Pork Rice, Eggroll Vegetable Salad Bar with Fruit Game Night 4-6pm	18 Country Fried Steak Biscuit & Gravy Vegetable Salad Bar with Fruit Blood Pressure Checks 11-12	19 Pot Roast Parsley Potatoes Vegetable Salad Bar with Fruit	20 Chicken Breast Pasta Alfredo Vegetable Salad Bar with Fruit	21 Grilled Italian Sausage Peppers, Onions & Kraut Tater Tots Vegetable Salad Bar with Fruit	22
23	24 Baked Ham Au Gratin Potatoes Vegetable Salad Bar with Fruit Game Night 4-6pm	25 	26 Salisbury Steak Mashed Potatoes Vegetable Salad Bar with Fruit	27 Drumsticks Tater Tots Vegetable Salad Bar with Fruit	28 Beef Pot Pie Cornbread Vegetable Salad Bar with Fruit	29
30	31 Meatloaf Mashed Potatoes Vegetable Salad Bar with Fruit Game Night 4-6pm					

Low salt, sugar and fat guidelines are followed in our menus. SALAD BAR DAILY MENU SUBJECT TO CHANGE

Our program is partially federally funded and is operated in accordance with the U.S.D.A. policy prohibiting discrimination on the basis of race, color, sex, age, handicap, or national origin.

We are funded in part by YOUR DONATIONS, DES and AAA-NACOG