



**DAILY LUNCHES
ARE OPEN TO THE
PUBLIC**
Age 60+ \$5
Under age 60 \$6

Yarnell Regional Community Center

www.yarnellcommunitycenter.org

928-427-6347

Meals on Wheels

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

January 2019 Menu (CLUB YARNELL events are shaded on the calendar)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	We need volunteers in our Thrift Store. Please call or come in to see how you can help!	1 Chicken Cordon-Bleu Rice Pilaf Vegetable Salad Bar with Fruit <i>Blood Pressure Checks 11-12</i>	2 Swedish Meatballs Noodles Vegetable Salad Bar with Fruit	3 Scalloped Potatoes With Ham Roll & Vegetable Salad Bar with Fruit	4 Cheese Steak Tater Tots Vegetable Salad Bar with Fruit	5
6	7 Chicken Enchiladas Rice & Beans Vegetable Salad Bar with Fruit <i>Game Night 4-6pm</i>	8 Pot Roast Baked Potato Vegetable Salad Bar with Fruit <i>Blood Pressure Checks 11-12</i>	9 Quiche Mini Croissants Vegetable Salad Bar with Fruit	10 Goulash Roll Vegetable Salad Bar with Fruit <i>Grand Canyon Geology 2-3:30 pm</i>	11 Pork Stir-Fry Noodles & Eggroll Vegetable Salad Bar with Fruit	12
13	14 Grilled Ham & Cheese Tater Tots Vegetable Salad Bar with Fruit <i>Game Night 4-6pm</i>	15 Meatloaf Mashed Potatoes Vegetable Salad Bar with Fruit <i>Blood Pressure Checks 11-12</i>	16 Tuna Casserole Roll Vegetable Salad Bar with Fruit	17 Chili Dogs Waffle Fries Vegetable Salad Bar with Fruit	18 Baked Chicken Stuffing & Gravy Vegetable Salad Bar with Fruit	19
20	21 Chicken Tenders Mac & Cheese Vegetable Salad Bar with Fruit <i>Game Night 4-6pm</i>	22 Cheeseburger Tater Tots Vegetable Salad Bar with Fruit <i>Blood Pressure Checks 11-12</i>	23 Spaghetti Garlic Bread Vegetable Salad Bar with Fruit	24 Pork Chops Mashed Potatoes Vegetable Salad Bar with Fruit	25 Baked Cod Rice Pilaf Vegetable Salad Bar with Fruit	26
27	28 Roast Turkey Stuffing & Gravy Vegetable Salad Bar with Fruit <i>Game Night 4-6pm</i>	29 Country Fried Steak Biscuit & Gravy Vegetable Salad Bar with Fruit <i>Blood Pressure Checks 11-12</i> <i>Let's Get Organized! 4:30-6pm</i>	30 Chicken Pot Pie Roll Vegetable Salad Bar with Fruit	31 Shepherds Pie Roll Vegetable Salad Bar with Fruit	Saturday, Jan 19th Community Mixer !! 5:30-7:30 Don't miss out!	

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