

Meals on wheels are prepared daily Mon-Thurs and delivered between 10am and 12pm our frozen route is delivered between 11am-1230pm please call for info about meals on wheels. Congregate meals are served Monday, Tuesdays, Wednesdays, and Thursdays from 12pm to 12:30pm **reservations are required** to ensure enough meals are prepared.

As we plan our meals and prepare the menus in advance some items may be too expensive and/or are unable to get due to inflation and shortages, **we reserve the right to change cancel or substitute items on the menu and /or meals without notice to the client.**

Monday

Tuesday

Wednesday

Thursday

The suggested donations for meals are \$5 per meal, meals will be delivered /served regardless of ability to donate. The senior center relies on the donations our clients contribute and are very much appreciated. Again the \$5 is a suggested donation request and meals will be delivered/served regardless if you donate or not.

<p>4</p> <p>Labor Day Closed.</p>	<p>5</p> <p>Native tacos Pinto beans Cheese, lettuce and tomatoes Salsa Mandarins/pineapples</p>	<p>6</p> <p>Chicken sandwich Lettuce, tomato, pickles Rosemary potatoes Diced pears</p>	<p>7</p> <p>Brats & sauerkraut Scalloped potatoes Green beans w.w. roll Apricots</p>
<p>11</p> <p>Clam chowder Salad Breadsticks</p>	<p>12</p> <p>Pork tamale Spanish rice Corn Apricots cookie</p>	<p>13</p> <p>Chicken cordon bleu Rice pilaf Asparagus w.w. roll apricots</p>	<p>14</p> <p>Sloppy joes Cali blend veggie Rosemary potatoes Apple sauce</p>
<p>18</p> <p>Vegetable Beef soup Salad Breadsticks</p>	<p>19</p> <p>Frito pie Cheese, lettuce and tomatoes Spanish rice pears</p>	<p>20</p> <p>BBQ chicken Baked sweet potatoes fries Mixed veggies w.w. roll fruit salad</p>	<p>21</p> <p>Combo burrito w/ green chili Cheese, lettuce, tomatoes Sour cream Corn Fruited gelatin</p>
<p>25</p> <p>Broccoli cheese soup Salad Breadsticks</p>	<p>26</p> <p>Ball park franks w.w. bun baked beans tater tots apple sauce</p>	<p>27</p> <p>Lasagna Italian veggies Garlic bread Pineapple/oranges</p>	<p>28</p> <p>Chicken taquitos Pinto beans Rice Pineapples</p>