August 2020

Miami Senior Center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	27			30	31	1
2	3 Egg Salad Sandwich, Cucumber Salad, Spinach Romaine Salad, Orange	4 Meatloaf, Mashed Potatos w/Gravy, Carrots, Fruit Coctail	5 Chicken Breast w/Marinara, Penne Pasta, Yellow Squash, Garlic Bread, Pears	6 Cod w/Dill and lemon, Aparagus Tips, Coleslaw, White Rice, Melon	7 Baked Ham, Baked Beans, Broccoli, Stuffing, Apple Crisp	8
9	10 Tuna Salad, Pea Salad, Black Bean Salad, Mandarin Oranges	11 Swiss Steak, Brussel Sprouts, Cut Corn, Mashed Potato, Grapes	12 Pulled Pork, Broccoli, Baked Beans, Hoagie Roll, Melon	13 Spaghetti w/Meatsauce, French Style Green Beans, Garlic Bread, Peaches	14 Sloppy Joes, Corn on the Cob, Potato Wedges, Orange	15
16	17 Ham Sandwich, Corn Salad, Potato Salad, Pineapple	18 Sweet and Sour Pork, Asian Stir Fry, Braised Egg Plant w/ Mushrooms, Mandarin Oranges	19 Pot Roast, Mashed Potatos w/Gravy, Sliced Carrots, Roll, Cherry Fluff	20 Cajin Spiced Catfish, Kindey Beans, Cucumber/Tomato Salad, Dirty Rice, Fruit Coctail	21 NATIONAL SENIOR CITIZEN DAY Bean Burros, Spanish Rice, Garden Salad w/Tomato, Ambrosia Fruit Salad	22
23	24 Turkey Sandwich, Potato Chips, Coleslaw, Melon	25 Cottage Pie, Sliced Carrots, Mashed Red Potatos, Pineapple w/Cottage Cheese	26 Stuffed Chicken Breast, Candied Beets, Roasted Yellow Potatos, Stuffing, Applesauce	27 Fish Tacos, Refried Beans, Coleslaw, Lemon Wedge Mandarine Orange	28 Roast Turkey, Yams, Peas, Bread, Cranberry Sauce	29
30	31 Chef Salad W/Cucumbers, Carrot Pineapple Salad, Fig Newton, Orange					

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, orgin or gender.

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