

December 2020

Miami Senior Center



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	 1 Albondigas Soup, Tortilla, Corn & Black Bean Salad, Peas & Carrots, Spanish Rice, Peas	2 Beef Ravioli, Chopped Spinach, Yellow Squash, Garlic Bread, Peaches	3 Meatloaf, Mashed Potatos, Green Beans, Bread, Mandarin Oranges	4 Chicken Parmesian, Penne Pasta, Zucchini, Sliced Carrots, Garlic Bread, Banana	5
6	7 BLT, 3 Bean Salad, Pea Salad, Fruit Salad	8 Seered Pork Chop, Cauliflower, Ranch Style Beans, Roll, Applesauce	9 Lemon Baked Chicken, Mixed Veggies, Spinich, Stuffing, Jello w/Banana	10 Oven Baked Fish, Broccoli w/Rice, Coleslaw, Bread, Orange	11 Chicken Fajitas, Pinto Beans, Green Leaf Salad w/Tomato, Tortilla, Cherry Fluff	12
13	14 Polish Sausage, Potato Wedges, Coleslaw, Orange	15 Chili Relleno, Pinto Beans & Spanish Rice, Tossed Salad, Chocolate Pudding	16 Deviled Pork Chops, Sweet Potato, Broccoli & Cauliflower, Roll, Peaches	17 Hamburger, Steak Fries, Green Beans, Ambrosia Salad	18 Turkey a La King, Noodles, Spinich, Biscuits, Apricots	19
20	21 Turkey Wrap, Zucchini & Tomato, Italian Veggies, Oranges	22 Chicken & Dumplings, Broccoli & Roasted Potatos, Biscuit, Mixed Fruit	23 Chicken Picadillo, Corn Tortilla, Beans, oven Roasted Potatos, Melon Cups	24 Baked Ham, Sweet Potato & Rice Pilaf, Green Bean Casserole, Roll, Pumpkin Pie	 25 Christmas Day Closed	26
27	28 Egg Salad Sandwich, Minestrone Soup w/Crackers, Carrot Sticks, Celery Sticks, Tomato Slice, Orange	29 Chicken Soup w/Brown Rice, Broccoli Slaw & Wheat Crackers, Vanilla Pudding w/Banana	30 Cheese Enchiladas, Pinto Beans & Spanish Rice, Zucchini, Mixed Fruit	31 Pesole, Tortilla, Beans, Fresh Cabbage, Tomato Salad, Sliced Strawberries	 1 2	2



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.