


The Miami Senior Center cannot deliver home bound meals without authorization from a case manager. Many people believe that they just have to call to the center to receive a meal but they must be referred through Pinal-Gila Council for Senior Citizens.  
1-800-293-9393

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, origin, or gender .

**MIAMI SENIOR CENTER**  
**506 W. LIVE OAK ST**  
**MIAMI, AZ, 85539**  
**TELEPHONE 928-473-4190**  
**FAX 928-473-4190**  
**EMAIL:**  
**MIAMISENIOR@CABLEONE.NET**

**SUGGESTED DONATIONS ARE:**  
Home Delivered Meals..... \$2.00  
Congregate Meals ..... \$2.00  
Senior Center (928) 473-4190  
CVCT RIDES (928) 473-8222

**FEBRUARY 2019 Menu**

Mon	Tue	Wed	Thu	Fri
				1 1% Milk Spaghetti w/ Turkey Meat sauce. Peas and Carrots Spinach Salad w/ tomato Banana Garlic Bread
4 1% Milk Taco Salad Yellow Mexican Rice Orange	5 1% Milk Chicken W/ Garlic Pasta Cauliflower Blend Carrots Apple Crisp	6 1% Milk Stuffed Pork Chop Peas & Carrots Garden Salad w/ Tomato Rice Pilaf Ambrosia Fruit Salad	7 1% Milk Chef Salad Pear Slices Whole Grain Crackers Fig Newton	8 1% Milk Spinach Lasagna Mixed Veggies Coleslaw Bread Stick Mixed Fruit
11 1% Milk Turkey Wrap Zucchini & Tomato Italian Veggies Orange	12 1% Milk Ginger- Pepper Steak Carrots & Japanese Veggies Pear slices Brown Rice Roll	13 1% Milk Grilled Chicken & Tomatoes Cauliflower & Broccoli Wheat Roll Cantaloupe	14 1% Milk Polish Sausage w/ Sauerkraut Parsiled Potatoes Mixed Vegetables Mixed Fruit	15 1% Milk Fish Fillet Coleslaw & Baked Potato Peach Slices Wheat Roll
18 <b>Presidents Day</b> <b>Closed</b> 	19 1% Milk Oven Baked Breaded Chicken Ranch Style Beans Baked Potatoes Orange Wheat Roll	20 1% Milk Cheeseburger Potato Wedges 3- Bean Salad Melon Mix	21 1% Milk Turkey & Mashed Sweet Potatoes Confetti Coleslaw Wheat Roll & Pumpkin Muffin Melon Mix	22 1% Milk Tuna Salad Sandwich Vegetable Soup Broccoli Slaw Mandarin Oranges
25 1% Milk Baked Ham w/ Sweet Potato Broccoli & Cauliflower Blend Rice Pilaf Wheat Roll Cherry Crisp	26 1% Milk Chili Rellanos Pinto Beans Tossed Salad w/ Tomato Spanish Rice Banana Pudding	27 1% Milk Fish Sandwich Ranch Beans Potato Salad Ambrosia Salad	28 1% Milk Chili Cheese Dog 3- Bean Salad Broccoli Slaw Mixed Fruit	