

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
505 W. LIVE OAK ST
MIAMI, FL 33135

Phone: 928-473-4190

Fax: 928-473-4190

E-mail:



FEBRUARY 2020



SUGGESTED DONATIONS ARE:

Home Delivered Meals..... \$2.00

Congregate Meals \$2.00

Senior Center (928) 473-4190

CVCT RIDES (928) 473-8222

Mon	Tue	Wed	Thu	Fri
3 1% Milk Chicken Tenders Baked Beans Beets & wheat bread Peach Granola Crisp	4 1% Milk Pot Roast W/Gravy Mashed Potatoes Green Beans & Wheat Roll Banana	5 1% Milk Bratwurst on a Bun Sauerkraut Corn Tropical Fruit Mix White Cake W/Frosting	6 1% Milk Roast Pork Baked Potato Sliced Carrots Wheat Roll Apple Sauce	7 1% Milk Fish Asparagus Tips Cowboy Beans Wheat Bread Plums
10 1% Milk Grilled Pork Chops Roasted Potatoes Carrots & Wheat Roll Apple Sauce	11 1% Milk Chicken Salad Spinach Romaine Salad Wheat Bread Pear Halves	12 1% Milk Pepper Steak W/Gravy Mashed Potatoes Mixed Vegetables & Roll Oatmeal Cookie & Orange	13 1% Milk Hot Dogs on a Bun Broccoli W/Cheese Sauce Baked Beans Pasta Salad Pineapple	14 1% Milk Tuna Salad Romaine Salad W/Tomato Potato Salad Wheat Bread Mixed Fruit
17 1% Milk Ham Sandwich W/Lettuce & Tomato 3 Bean Salad Potato Salad Apricots Halves	18 1% Milk Chicken Tetrizzini on Penne Pansa Zucchini & Cauliflower Garlic Bread Apple	19 1% Milk Roast Pork Scalloped Potatoes Mixed Vegetables Wheat Roll Pineapple & Cottage Cheese	20 1% Milk Beef Stroganoff Broccoli Wheat Roll Tropical Fruit	21 1% Milk Fish Cowboy Beans Corn & Rice Pilaf Wheat Bread Grapes
24 1% Milk Chicken Breast in Marinara Sauce on Penne Pasta Zucchini & Cauliflower Garlic Bread Sliced Peaches	25 1% Milk Baked Ham Baked Beans Mac & Cheese & Vegetables Wheat Bread Fruit Salad	26 1% Milk Meat Loaf W/Gravy Mashed Potatoes Carrots & Wheat Roll Apricot Halves	27 1% Milk Roasted Turkey Corn Bread Stuffing Yams & Peas Wheat Roll Banana	28 1% Milk Fish Tacos W/Tarter Sauce Cole Slaw Cowboy Beans Sliced Peaches