July 2020 — Miami Senior Center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		30	1 — Ginger-Pepper Steak, Japenese Veggies, Brown Rice, Roll, Pear Slices	2 — Chili-Rellanos, Pinto Beans, Tossed Salad w/Tomato, Spanish Rice, Sliced banana w/Pudding	3 — Roast Beef Slices, Mashed Potatos, Mixed Veggies, Roll, Applesauce	4 — 4TH OF JULY
5	6 — Chef Salad w/Ham, Carrots, Crackers, Fig Newton	7 — Lime Baked/Grilled Chicken, Parsley Buttered Carrots, Calico Rice, Roll,	8 — Stuffed Pork Chop, Peas/Carrots, Garden Salad, Applesauce	9 — Spaghetti w/Meatsauce, Green Beans, Garlic Bread, Banana	10 — Cheeseburger, Potato Wedges, Three Bean Salad, Melon,	11
12	13 — Tuna Salad, Potato Chips, Three Bean Salad, Mixed Fruit	14 — Green Chili, Tortilla, Pinto Beans, Spinich Garden Salad, Mixed Fruit	15 — Battered Pollock, Asparagus Tips, Cowboy Beans, Bread, Plum	16 — Pot Roast, Baked Beans, Candied Beets, Bread, Sliced Peaches	17 — Bratwurst, Cut Corn, Sauerkraut, Stewed Apples	18
19	20 — Chicken Salad, Beets, Herbed Green Beans, Cherry Fluff	21 — Baked Ham w/Pineapple, Baked Beans, Mixed Veggies, Fruit Salad	22 — Chicken Breast w/ Marinara Sauce, Sauteed Zucchini, Penne Pasta, Peaches	23 — Fish Tacos, Coleslaw, Cowboy Beans, Apricot Halves	24 — Roasted Turkey, Candied Yams, Peas, Cornbread Stuffing, Roll, Banana	25
26 — Happy Parents day	27 — Turkey Wrap, Zucchini & Tomato, Italian Veggies, Chololate Pudding	28 — Chicken Tetrazzini, Zucchini, Penne Pasta, Garlic Bread, Apple	29 — Beef Enchilada Bake, Mexican Rice, Corn, Sliced Peaches, Jello	30 — Polish Sausage, Potato Salad, Green Beans, Mandarin Oranges	31 — Chicken Alfredo, Fettuccini Noodles, Garlic Bread, Asparagus Tips, Caesar Salad/Dressing, Apple Crisp	1

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.