

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,

MIAMI SENIOR CENTER



JUNE 2019 Menu

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 Meatball Soup Broccoli Slaw Pineapple Salad Bran Muffin & Oranges	4 1% Milk Chicken Tacos Refried Beans Spinach Salad Melon Cubes	5 1% Milk Swiss Steak Mashed Potatoes W/Gravy Italian Blend Vegies Wheat Roll & Peach Crisp	6 1% Milk Spaghetti W/Meat Sauce Green Beans & Carrots French Bread Pineapple	7 1% Milk Fish Augratin Potatoes Spinach Corn Bread & Bananas
10 1% Milk Chili Beans Yellow Squash Baked Potato Raisin Bran Muffin & fruit Salad	11 1% Milk Green Chile Chicken Casserole Mexican Corn Refried Beans & Spanish Rice Oranges	12 1% Milk Baked Lemon Chicken Mashed Potatoes & Stuffing Brussel Sprouts Pears W/Cottage Cheese	13 1% Milk Ham Salad Salad W/Carrots & Tomatoes Macaroni Salad W/Wheat Bread Peaches	14 1% Milk Grilled Cheese Sandwich Vegetable Soup Pork Beans & Wheat Bread Banana & Cantaloupe
17 1% Milk Pork Roast Yams Peas & Carrots Dinner Rolls Apricots	18 1% Milk Beef Stew Coleslaw Biscuit Raisin Bran Muffin Apple Sauce	19 1% Milk Chicken Chop Suey Oriental Vegies Broccoli Rice Pilaf Mandarin Oranges	20 1% Milk Roast Beef Sandwich HOT Mashed Potatoes Green Bean Casserole Wheat Bread Plums	21 1% Milk Bean Burro Enchilada Style Mexican Corn Spinach Salad Spanish Rice Pineapple
24 1% Milk Hamburger Steak Fries Green Beans Mandarin Oranges	25 1% Milk Chicken Pot Pie Carrots & Brussel Sprouts Bran Muffin Cantaloupe	26 1% Milk Deviled Pork Chop Sweet Potatoes Broccoli & Cauliflower Peaches	27 1% Milk Chicken Fried Steak Mashed Potatoes W/Gravy Zucchini & Wheat Bread Apple Sauce	28 1% Milk Tuna Salad W/Grain Bread Pea Salad Green Leaf Salad W Tomatoes Banana

