

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**  
506 Live Oak Street  
Miami, AZ 85539

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 .

Ph: 928-473-4190  
Fax: 928-473-4190  
Email:  
miamisenior@cableone.net

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

## March 2019 Menu

Mon	Tue	Wed	Thu	Fri
		 <small>Shutterstock 173112992</small>		
<b>4 1% Milk</b> Liver & Onions Green Beans & Mashed Potatoes Oranges Wheat Roll Cranberry Muffin	<b>5 1% Milk</b> Chicken and Brown Rice Soup Broccoli Slaw Carrots Wheat Crackers Vanilla Pudding w/ Banana	<b>6 1% Milk</b> Roast Beef Mashed Potatoes Monte Carlo Veggies Wheat Roll Pineapple Upside Down Cake	<b>7 1% Milk</b> Lime Baked Chicken Parsley Buttered Carrots Broccoli Calico Rice Apple Sauce Wheat Roll	<b>1 1% Milk</b> Beef Fajitas Broccoli Slaw Zucchini Spanish Rice Chocolate Pudding w/ Banana
<b>11 1% Milk</b> BBQ Chicken Sandwich Mexican Beans Potato Salad Apricots	<b>12 1% Milk</b> Salisbury Steak Mashed Potatoes Green Beans Mixed Fruit Wheat Roll	<b>13 1% Milk</b> Albondigas Corn & Black Bean Salad Peas & Carrots Spanish Rice & Wheat Tortilla Chilled Pears	<b>14 1% Milk</b> Spaghetti w/ Turkey Meat sauce Peas & Carrots Spinach Salad w/ tomato wedge Garlic Bread	<b>8 1% Milk</b> Cheese Enchiladas Pinto Beans Zucchini Spanish Rice Mixed Fruit
<b>18 1% Milk</b> Taco Salad Yellow Rice Orange	<b>19 1% Milk</b> Chicken W/ Garlic Pasta Cauliflower Carrots Apple Cake Garlic Bread	<b>20 1% Milk</b> Chef Salad Carrot & Pineapple Salad Pear Slices Whole Grain Crackers Fig Newton	<b>21 1% Milk</b> Stuffed Pork Chop Peas & Carrots Garden Salad Rice Pilaf Ambrosia Fruit Salad	<b>15 1% Milk</b> Mac n' Cheese Italian Veggies Beets Applesauce Wheat Roll
<b>25 1% Milk</b> Ginger Pepper Steak Japanese Veggies Carrots & Pears Brown Rice Roll	<b>26 1% Milk</b> Grilled Chicken w/ Tomato Broccoli & Cauliflower Cantaloupe Wheat Roll	<b>27 1% Milk</b> Polish Sausage w/ Sauerkraut Parsilled Potatoes Mixed Vegetables Mixed Fruit	<b>28 1% Milk</b> Turkey Wrap Zucchini & Tomato Italian Veggies Oranges	<b>22 1% Milk</b> Spinach Lasagna Mixed Vegetables Coleslaw Mixed Fruit Bread Stick
				<b>29 1% Milk</b> Fish Fillet Baked Potato Coleslaw Peach Slices Wheat Roll