

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

Phone: 928-473-4190

Fax: 928-473-4190

E-mail:

March 2020 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
2 1% Milk Bratwurst Hot Potato Salad Sauerkraut Spiced Apples	3 1% Milk Boneless Pork Chops Green Beans Scalloped potatoes Mixed Fruit Wheat Roll	4 1% Milk Country Fried Steak Biscuit Mashed Potatoes w/Gravy Mixed Vegetables Banana	5 1% Milk Turkey a la King on Noodles Seasoned Spinach Carrot Coins Biscuit Watermelon Cantaloupe cubes	6 1% Milk Fish Taco Shredded Cabbage, cucumbers & Tomatoes Pinto Beans Corn Tortilla Peach Crisp
9 1% Milk Meatloaf Mashed Potatoes w Gravy Green Beans Applesauce Wheat Roll	10 1% Milk 1% Milk Lime Baked Chicken Parsley Butter Carrots Broccoli Calico Rice Mango/Fruit Salsa	11 1% Milk Sloppy Joes on a Bun 3 Bean Salad Broccoli Slaw Dill Pickle Slice Mixed Fruit	12 1% Milk Chef's Salad WW Crackers Carrot Pineapple Salad Fig Newton's Orange	13 1% Milk Bean Burros Spanish Rice Garden Salad w/Tomatoes Ambrosia Fruit Salad
16 1% Milk Baked Ham w/Sweet Potatoes Broccoli/Cauliflower Blend WW Roll Pineapple Upside-Down Cake	17 1% Milk St. PATRICKS DAY Corned Beef and Cabbage Red Potatoes & Carrots Irish Dessert	18 1% Milk Ginger Pepper Steak w/WW Roll Sliced Carrots Brown Rice Japanese Vegetable Mix Pear Slices	19 1% Milk Chicken Picadillo Corn Tortilla Beans Oven Roasted Potatoes Melon Cup	20 1% Milk Fish Sandwich Seasoned Spanish Oven Fries Jello w/ Fruit
23 1% Milk Swedish Meatballs Parsley Noodles WW Roll Seasoned Spinach Carrot Coins Mandarin Orange Slices	24 1% Milk Grilled Chicken Green Beans Winter Squash Brown Rice Wheat Roll Apricots	25 1% Milk Spaghetti & Meat Sauce Spinach Salad Peas & Carrots Italian Garlic Bread Banana	26 1% Milk Chicken Salad Spinach Salad Wheat Crackers Pears Oatmeal Cookies	27 1% Milk Chile Rellanos Pinto Beans Tossed Salad Spanish Rice Sliced Banana in Vanilla Pudding
30 1% Milk Albongias Corn & Black Bean Salad on Lettuce Leaf Peas & Carrots Spanish Rice Tortilla	31 1% Milk Egg Salad Sandwich Minestrone Soup w/Crackers Carrots Sticks, Celery Sticks, Tomato Slice. Mandarin Orange			