

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. This Center also complies with the Older American Act. Partial funding provided by Pinal Gila Council for Senior Citizens and the Town of Miami.

**MIAMI SENIOR CENTER**  
 506 W. LIVE OAK ST  
 MIAMI, FL, 33139  
 TELEPHONE: 928-473-4190  
 FAX: 928-473-4190  
 Phone: 928-473-4190

**SUGGESTED DONATIONS ARE:**  
 Home Delivered Meals..... \$2.00  
 Congregate Meals ..... \$2.00  
 Senior Center (928) 473-4190

# NOVEMBER 2018

Mon	Tue	Wed	Thu	Fri
			1 1% MILK HAM & MACARONI SALAD CARROT SALAD PEACHES COOKIE	2 1% MILK GRILLED CHEESE TOMATO SOUP PORK N BEANS BANANA AND MELON
5 1% MILK PORK ROAST W/ROLL YAMS PEAS AND CARROTS OATMEAL COOKIE & APRICOTS	6 1% MILK BEEF STEW WITH CORN COLESLAW RAISIN BRAN MUFFIN APPLE SAUCE	7 1% MILK CHICKEN CHOP SUEY ORIENTAL VEGGIES & BROCCOLI RICE PILAF MANDARIN ORANGES	8 1% MILK ROAST BEEF SANDWICH MASHED POTATOES GREEN BEAN CASSEROLE PLUMS	9 1% MILK BEAN BURRITO ENCHILADA STYLE MEXICAN CORN & SPANISH RICE SPINACH SALAD PINEAPPLE
12 1% MILK HAMBURGER STEAK FRIES GREEN BEANS MANDARINE ORANGES	13 1% MILK CHICKEN POT PIE CARROTS BRUSSEL SPROUTS BRAN MUFFIN & CANTALOPE	14 1% MILK DEVILED PORK CHOP SWEET POTATOS BROCCOLI & CAULIFLOWER PEACHES & ROLL	15 1% MILK CHICKEN FRIED STEAK MASHED POTATOES & ZUCCHINI OATMEAL COOKIE APPLE SAUCE & BREAD	16 1% MILK TUNA SALAD SANDWICH PEA SALAD GARDEN SALAD BANANA
19 1% MILK CHICKEN FIJITA BEANS GARDEN SALAD WATERMELON	20 1% MILK MEATLOAF MASHED POTATOES CARROTS PINEAPPLE	21 1% MILK TURKEY AND STUFFING MASHED POTATOES GARDEN SALAD BAKED APPLES	22 <b>CLOSED</b>  Happy Thanksgiving	23 <b>CLOSED</b> 
26 1% MILK ROAST BEEF W/RED CHILI MEXICAN CORN & CARROTS SPANISH RICE ORANGES W/COTTAGE CHEESE FLOUR TORTILLA	27 1% MILK MAC & CHEESE W/HAM CAULIFLOWER PEAS & CARROTS STRAWBERRIES W/ WHIPPING CREAM	28 1% MILK LEMON CHICKEN AND STUFFING MIXED VEGGIES & SPINACH OATMEAL COOKIE JELLO W/ BANANAS & WHIPPING CREAM	29 1% MILK CHEESBURGER PIE RANCH BEANS BROCCOLI OATMEAL COOKIE APRICOTS	30