

The 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 Older American , ADA and Civil rights Act of 1964 and does not discriminate on the basis of age, disability, race, color, nation, origin, or gender . Partial funding provided by Pinal Gila Council for Senior Citizens and the Town of Miami.

**MIAMI SENIOR CENTER**  
**506 W. LIVE OAK ST**  
**MIAMI, AZ, 85539**  
**TELEPHONE: 928-473-4190**  
**FAX: 928-473-4190**

**506 Live Oak Street**  
**Miami, AZ 85539**

**SUGGESTED DONATIONS ARE:**  
 Home Delivered Meals..... \$2.00  
 Congregate Meals ..... \$2.00  
 Senior Center (928) 473-4190  
 CVCT RIDES (928) 473-8222

# OCTOBER MENU 2018

Mon	Tue	Wed	Thu	Fri
<b>1</b> 1% Milk HAMBURGER STEAK FRIES GREEN BEANS MANDARIN ORANGES	<b>2</b> 1% Milk CHICKEN POT PIE CARROTS & BRUSSEL SPROUTS BRAN MUFFIN CANTALOPE	<b>3</b> 1% Milk DEILED PORK CHOP SWEET POTATOES BROCCOLI & CAULIFLOWER PEACHES ROLL	<b>4</b> 1% Milk CHICKEN FRIED STEAK MASHED POTATOES ZUCCHINI APPLE SAUCE & OATMEAL COOKIE BREAD	<b>5</b> 1% Milk TUNA SALAD SANDWICH PEA SALAD GARDEN SALAD BANANA
<b>8</b> 1% Milk CHICKEN FIJITA PINTO BEANS & GARDEN SALAD WATERMELON	<b>9</b> 1% Milk BLT SANDWICH 3-BEAN SALAD PEA SALAD FRUIT SALAD	<b>10</b> 1% Milk MEATLOAF & MASHED POTATOES CARROTS PINEAPPLE ROLL	<b>11</b> 1% Milk LEMON CHICKEN & STUFFING MIXED VEGGIES & SPINACH JELLO W/BANANA & WHIP CREAM OATMEAL COOKIE	<b>12</b> 1% Milk BAKED FISH RICE PILAF COLESLAW ORANGE
<b>15</b> 1% Milk ROAST BEEF W/ RED CHILI SPANISH RICE & CORN CARROTS COTTAGE CHEESE & ORANGES TORTILLA	<b>16</b> 1% Milk MAC & CHEESE W/HAM CAULIFLOWER PEAS AND CARROTS STRAWBERRY W/WHIPPING CREAM BREAD	<b>17</b> 1% Milk TURKEY & STUFFING YAMS GARDEN SALAD BAKED APPLES	<b>18</b> 1% Milk CHEESEBURGER PIE RANCH BEANS BROCCOLI APRICOTS OATMEAL COOKIE	<b>19</b> 1% Milk TOSTADA ZUCCHINI SPANISH RICE APPLE SAUCE
<b>22</b> 1% Milk ALBONDIGAS W/CRACKERS BROCCOLI SLAW CABBAGE/PINEAPPLE SALAD BRAN MUFFIN & ORANGES	<b>23</b> 1% Milk CHICKEN TACOS REFRIED BEANS SPINACH SALAD MELON CUBES	<b>24</b> 1% Milk SWISS STEAK W/ROLL MASHED POTATOES ITALIAN VEGGIES PEACH CRISP	<b>25</b> 1% Milk SPAGHETTI W/FRENCH BREAD GREEN BEANS CARROTS PINEAPPLE	<b>26</b> 1% Milk FISH FILLET AUGRATIN POTATOES SPINACH CORN BREAD & BANANA
<b>29</b> 1% Milk CHILE BEANS W/CRACKERS YELLOW SQUASH BAKED POTATO RAISIN BRAN MUFFIN AMBROSIA FRUIT SALAD	<b>30</b> 1% Milk CHICKEN SANDWICH MEXICAN CORN REFRIED BEANS ORANGES	<b>31</b> 1% Milk BAKED LEMON CHICKEN MASHED POTATOES BRUSSEL SPROUTS STUFFING PEARS W/ COTTAGE CHEESE		