

September 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	31	1	2	3	4	5
		Turkey a la King on Noodles, Seasoned Spinach, Carrots, Watermelon/Cantaloupe Cubes	Swedish Meatballs, Parsley Noodles, Roll, Peas, Mandarin Oranges	Cranberry Chicken w/Yams, Green Bean Casserole, Apple Stuffing, Fruit Coctail	BBQ Beef Brisket, Coleslaw, Broccoli, Pineapple Upside-Down Cake	
6	7 LABOR DAY CLOSED	8	9	10	11	12
		Green Chili, Refried Beans, Corn Salad, Spanish Rice, Pear Halves	Chicken Cacciatore, Penne Pasta, Zucchini/Yellow Squash, Garlic Bread, Ambrosia Salad	Baked Ham, Baked Beans, Mixed Veggies, Mac & Cheese, Pineapple w/Cottage Cheese	Fried Catfish, Baked Beans, ColeSlaw, Corn Bread, Pudding w/Banana	
13	14	15	16	17	18	19
	Crab Salad w/Crackers, Spinich Salad, Pineapple	Seered Pork Chops, Mashed Potato w/Gravy, Sliced Carrots, Strawberries and Cream	Chicken Parmesian, Penne Pasta, Zucchini, Cauliflower, Garlic Bread, Pears	Cheeseburger Pie w/Fries, Pork n Beans, Apricots	Chili Rellanos, Pinto Beans, Tossed Salad, Spanish Rice, Jello w/Fruit	
20	21	22	23	24	25	26
	Taco Salad w/Black Beans, Tomato, Yellow Rice, Chocolate Pudding w/Banana	Honey Mustard Chicken, Baked Potato, Baked Beans, Oranges	Spaghetti w/ Meatsauce, Italian Veggies, Garlic Bread, Pears	Sweet and Sour Pork, Asain Veggies, Calico Rice, Apple	Chucken Fried Steak, Mashed Potatos w/Gravy, Roll, Green Beans, Applesauce	
27	28	29	30	1	2	3
	Ham Salad w/Crackers, Black Bean & Corn Salad, den Salad, Pears	Italian Sausage Pasta, Italian Veggies, Garlic Bread, Peaches	Chicken Picadillo, Corn Tortilla, Pinto Beans, Chuckwagon Corn, Apple			

NOTES: Miami Senior Center 506 Live Oak Street Miami, Arizona 85539 928-473-4190.
 The Miami Senior Center cannot deliver home bound meals without authorization from case manager. Many people believe that they just have to call the center to receive a meal but they must be referred through Pinal-Gila Council for Senior Citizens. 1800-293-9393 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.
Suggested Donations: Home Delivered Meals \$ 2.00 and Congregate Meals \$2.00.

