

Tolleson Senior Center
9555 W. Van Buren St.
Tolleson Arizona 85353

December 2016

For more information call
(623) 936-2760
Home Delivered Meals (623) 936-2755
Transportation (623)-474-4996

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MILK IS SERVED WITH EVERY MEAL				1 Green chili burrito Spanish rice Beans w/cheese Banana	2 Ham/cheese sandwich Lettuce & tomato V8 juice Peach	3
4	5 Shredded pork Veggie chef's choice Pico de Gallo Tropical fruit	6 Chicken strips Mashed potatoes Italian Mixed veggies Wheat roll Apple juice	7 Sloppy joe sandwich Potato wedges Chef's green veggie Orange	8 Build your own burrito Lettuce, cheese, tomato Capri blend Cantaloupe	9 Macaroni & cheese Peas and carrots Asparagus Wheat roll Peach	10
11	12 Fish Tacos Shredded cabbage Corn w/bell pepper Mango	13 Beef hot dog Zucchini Corn/bell peppers Pears	14 BBQ pork sandwich Peas and carrots Beets Pineapple	15 Chicken parmigiana California blend V8 juice Wheat breadsticks Honeydew	16 Meatloaf Whipped potatoes Broccoli Wheat bread Vanilla ice cream	17
18	19 Cheeseburger V8 juice Potato wedges Peach	20 Garlic chicken Italian veggies Carrots Wheat roll Apple sauce	21 Fish strips Cole slaw French fries Wheat bread Cranberry juice	22 Liver & Onions Spinach Asparagus Wheat bun Strawberries	23 Chicken tacos Corn on the cob Chef's green veggies Tropical mix	24
	26 CLOSED 	27 Pork chops Green beans Sweet potatoes Wheat bread roll Mandarin oranges	28 Steak w/gravy Whipped potatoes Scandinavian Mix Wheat bread Apple sauce	29 Chicken over rice Brussel sprouts California blend Wheat bread Banana	30 Turkey burger Broccoli Pea pods Peaches	31

Esther Angulo Senior Center is funded in part by the Area Agency on Aging and the City of Tolleson