


El Mirage Senior Center Menu – August 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">Lunch Menu</p>	<p>Lunch is served daily at 11:00am, please reserve your lunch 24 hours in advance.</p> <p>Reserve lunch at: 623-876-4232 or rarvizu@elmirageaz.gov</p>		<p>1. Meat Lasagna, Italian Vegetables, Rosemary Carrots, Dessert</p>	<p>2. Tuna Salad Plate, Tomato and Cucumber, Chilled Lima Beans, Dessert</p>
	<p>5. Garden Quiche, Chef's Vegetable, Dessert</p>	<p>6. Soup of the Day, Cabbage Rolls, Roasted Potatoes, Zucchini, Dessert</p>	<p>7. Pork Marsala, Linguine, Cauliflower with Parsley, Dessert</p>	<p>8. Orange Chicken, Brown Rice, Oriental Vegetables, Dessert</p>
<p>12. Meat Lasagna, Zucchini, Dessert</p>	<p>13. Soup of the Day, Orange Glazed Salmon, Roasted Potatoes, Broccoli and Cauliflower, Dessert</p>	<p>14. Mediterranean Chicken Fettuccini, Italian Vegetable, Dessert</p>	<p>15. Beef Stew, Potatoes, Carrots, Celery and Onions, Cabbage, Dessert</p>	<p>16. Sesame Dill Fish, Macaroni and Cheese, Broccoli, Dessert</p>
<p>19. Curry Chicken, Asian Noodles, Asian Blend Veggies, Dessert</p>	<p>20. Soup of the Day, BBQ Ribs, Sweet Potato Fries, Brussels Sprouts, Dessert</p>	<p>21. Roast Beef with Gravy, Mashed Potatoes, Mushrooms, Carrots, Celery and Onions, Dessert</p>	<p>22. Pork Roast, Rice, Green Beans, Dessert</p>	<p>23. Oven Fish Fillet, Tater tots, Peas and Carrots, Dessert</p>
<p>26. Gingered Beef, Asian Noodles, Oriental Vegetables, Dessert</p>	<p>27. Soup of the Day, Dijon Crusted Chicken Breast, Roasted Potatoes, Spinach and Mushrooms, Dessert</p>	<p>28. Garden Quiche, Baked Tomato, Dessert</p>	<p>29. Turkey Scaloppini, Rice Pilaf, Fresh Green Salad, Dessert</p>	<p>30. Baked Cod with Lemon, Potato au Gratin, Zucchini, Dessert</p>