


November

Coconino County Community Services Department
Senior Nutrition Program
 850 W. Grant, Williams, AZ 86046
 928-679-7485
 Congregate Meals Served Daily at 12 Noon

2019

sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 Oven Fried Fish, Baked Potatoes, Calif. Vegetables, WW Rolls, Peaches	2
3	4 Meatloaf, Baked Potatoes, Peas & Carrots, WW Roll, Peaches	5 Beef Stew, Mixed Vegetables, Garden Salad, WG Biscuits, Fruit Cup	6 Red Chili Burritos, Beans, Rice, Chopped Salad, Jello w/ Fruit	7 Chicken Sandwich, Potato Wedges, Lettuce, Tomato, Onion, Bananas, Pudding	8 Macaroni & Cheese, Garden Salad, WW Rolls, Plums, Cookies	9
10	11 Chili Beans, Garden Salad, Cornbread, Fruit Salad	12 Baked Chicken, Mashed Potatoes, Gravy, Green Beans, WW Roll, Apricots	13 Spaghetti w/ Meat Sauce, Broccoli, Green Salad, Garlic Bread, Jello w/ Fruit	14 Sloppy Joe's, Potato Wedges, Cole Slaw, Bananas	15 Cesar Salad w/ Grilled Chicken, Veg. Soup, WG Crackers, Fruit Cobbler	16
17	18 Pizza w/ Pepperoni and Vegetables, Garden Salad, Peaches, Cookies	19 Chicken Chow Mein w/ Oriental Vegetables, Egg Rolls, Pineapple and Almond Cookie	20 Turkey Club Sandwich, Potato Wedges, Lettuce, Tomato, Onion, , Bananas	21 Roast Turkey, Dressing, Mashed Potatoes, Gravy, Cranberry Sauce, Green Beans, Pie	22 Taco Salad w/ Beef, Beans, Cheese, Chopped Salad, Salsa, Peaches, Ice Cream	23
24	25 Enchilada Casserole, Beans, Rice Chopped Salad, Fruit Cup	26 Chicken Primavera w/peppers & Zucchini, Romaine Salad Garlic Bread Apricots	27 Breakfast Burritos, w/ Ham, Cheese & Peppers, Hash Browns, OJ, WW Tortilla, Yogurt & Fruit	28 Closed for Thanksgiving 	29 Closed for Thansgiving 	

"Services are funded by the Older Americans Act, SSBG funds and the State of Arizona. Funding is allocated on a regional basis from the Arizona Department of Economic Security, Division of Aging and Adult Services (DAAS) to Area Agencies on Aging. Eligibility for programs: Seniors or adults with disabilities. Additional requirements may vary by program. Client contributions are encouraged and are vital for continuation of the programs. Language assistance and alternate forms of communication are available upon request.

Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, Area Agency on Aging NACOG prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. Area Agency on Aging NACOG must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities."