





Lunch Reservations: 928-774-2606

Call by 2pm the day before

COCONINO COUNTY COMMUNITY SERVICES
SENIOR NUTRITION PROGRAM
245 N THORPE ROAD, FLAGSTAFF

MON	TUE	WED	THU	FRI
<p>The Congregate meal will be relocated to San Francisco De Asis Church at 1600 E. Route 66 November 18 through December 6.</p>				<p>1 BBQ beef brisket, Black-eyed peas, Coleslaw, Quinoa, Banana, Pumpkin pie bars</p>
<p>4 Fish taco, rice, beans, mixed veggies, pear slices</p>	<p>5 Chicken & dumplings, Side salad, Berries</p>	<p>6 Swedish meatballs, Egg noodles, Sautéed greens, Mixed veggies, Peaches</p>	<p>7 Herb-roasted chicken, Baked spinach, mashed potatoes, Breadstick, Mango</p>	<p>8 Minestrone soup, Side salad, Garlic bread, Grapes, Ice cream</p>
<p>11 </p>	<p>12 Black Bean Chili, Roasted Cauliflower, Cornbread, Fruit Cocktail</p>	<p>13 Chicken Pot Pie, Broccoli, Roll, Spiced pears</p>	<p>14 Enchilada Casserole, Beans, Corn Cob, Lettuce and Tomato, Mandarin oranges</p>	<p>15 Baked salmon, Wild rice, Mixed veggies, Side salad, Banana, Oatmeal cookie</p>
<p>18 Egg salad on croissant, Veggies and hummus, Orange</p>	<p>19 Turkey and swiss sandwich, Coleslaw, Quinoa salad, Apple</p>	<p>20 French bread pizza, Chickpea salad, Green salad, Banana</p>	<p>21 Chicken Ceasar wrap, Carrot salad, Grapes</p>	<p>22 Chef salad, Macaroni salad, Tangerine, Tart</p>
<p>25 Ham and Cheddar sandwich, Green salad, Mixed veggies, Pear</p>	<p>26 Tuna salad sandwich, Veggie slices, Potato salad, Orange</p>	<p>27 Country sausage and fish boil, Mixed veggies, Baked beans, Roll, Apple</p>	<p></p>	

No meals served November 11, 28, and 29 due to holidays.

Congregate Meals

- To make or cancel a reservation at the congregare site please call 774-2606 by 2 pm the day before.
- Vegetarian or alternate meals may be served daily at the congregare site only. Please call the kitchen at 774-2606 one day in advance for an alternate meal.

Home Delivery Meals (Meals on Wheels)

- To cancel a home delivered meal (MOW) for the day, please call 774-2606 before 9 am.
- Please return clean plastic trays to delivery driver the following day. All trays may be placed in a microwave. DO NOT PLACE TRAYS IN OVEN.