





Monday	Tuesday	Wednesday	Thursday	Friday
<div><div>CITY OF PHOENIX HUMAN SERVICES DEPARTMENT</div></div> <div></div> <div><i>milk and fruit served daily</i></div>				
Home Delivered Meals are funded in part by the Area Agency on Aging, Region One, Inc.				1
				Orange Tarragon White Fish (Pescado) on Brown Rice, Bok Choy w/ Carrots, Asian Mixed Vegetables
4	5	6	7	8
Chicken (Pollo) Tinga Elote Corn Black Beans WW Tortillas	French Toast w/Maple Syrup, Pork (Cerdo) Sausage Links, O'Brien Potatoes	Turkey Melt on Wheat with Tomatoes and Steamed Spinach	Black Bean (Frijoles) Burger w/Swiss on WG Bun, Sweet Potato Fries, Mixed Vegetables	Miso Glazed White Fish (Pescado), Bok Choy w/Carrots, Asian Mixed Vegetable, Brown Rice
11	12	13	14	15
Korean Bibimbap Ground Beef (Carne) over Rice w/Carrot, Mushroom & Zucchini	Turkey (Pavo) Burger on WG Bun Baked Beans Sweet Potato Tots	BBQ Chicken (Pollo), Black Eyed Peas, Green Beans, Cornbread	Chicken Fajitas Beans and Spanish Rice WW Tortillas Salsa Picante	Tuna Cakes (Atún) on Green Beans Seasoned Carrots WG Roll
18	19	20	21	22
BBQ Riblet (Cerdo) on Cornbread Bun Green Beans Dilled Carrots	Southwest Chicken (Pollo) Salad Wrap w/Mixed Greens, Quartered Tomatoes	Caprese (Queso) Pasta Salad w/Balsamic Vinaigrette, Diced Beets	Salisbury Steak Mashed Potatoes Green Beans WW Roll	Stir-Fry Turkey (Pavo) w/Brown Rice Steamed Bok Choy Miso Glazed Carrots
25	26	27	28	29
Green Chili Cheese (Queso) Tamale Pinto Beans Chuckwagon Corn	Cheeseburger (Carne) on WG Bun Buffalo Cauliflower Baked Lays Chips	Teriyaki Tofu on Brown Rice Roasted Broccoli Mixed Vegetables	Turkey Hot Dogs on WW Bun Baked Beans Broccoli Salad	Krab (Pescado) Salad on Mixed Greens Marinated Cucumbers WW Crackers