

October 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2 Movie ticket Sign up -- Frys run PU 100	3	4 Walmart Run 100	5
6	7 PHN - Craft Day 9-11	8 D6 Elder meeting @ 9 - PU 815 - D1	9 Elder Concens Meeting @ 9 PU 730- in D7	10	11 Movie Day PU 100 Return by 4	12
13	14 DIGITAL CONNECT EVENT 9-11 PU 830	15 PHN - Craft Day 9-11	16 Hobby Lobby 130- 330	17	18 Sacaton Run 230-330	19
20	21 BH Painting 9-11	22	23	24 Bingo - PU 1- 3 ALZHEIMERS INSTITUTE 730-330	25	26
27	28 Laveen mail run 900	29	30	31 Movie Day PU 100 Return by 4	1	2
3	4	Notes NOTE: ALL TIMES ARE SUBJECT TO CHANGE DEPENDING ON STAFF.				

Reminder: turn in your travel cultural ideas before 11/1/2024 for 2025

LAST DAY TO SIGN UP FOR THE MOVIES WILL BE 10/9/2024 - NO ADD ONS WILL BE ALLOWED AFTER THIS DATE.

FOR ALL EVENTS AND OUTINGS THE CUT OFF DAY TO SIGN UP IS 3 DAY BEFORE TO EVENT/OUTING - NO ADD ONS WILL BE ALLOWED.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1.
Pinto Beans
Green Chili Chicken Stew
Zucchini & Corn blend
Apricots
Frybread

2.
Cream of Broccoli Soup
Crackers
Turkey Salad
Shredded lettuce
Jello Salad
Sliced peaches

3. **BREAKFAST**
Hot Cereal
Belgium Waffles/Margarine
Diet Syrup
Scrambled Eggs
Carrot Raisin Salad
Grapes

4.
Beef Green Chili Stew
Herbed green beans
Pineapple Tidbits
Scofk Chumuth

7.
Corn Chowder
Turkey Cheese Sandwich
Cabbage Pineapple Slaw
Fruit Cocktail

8.
Black eye Peas
Pork Stew
Tossed Salad/Dressing
Scofk Chumuth
Peach Cobbler

9.
Chicken Fried Steak
Mashed Potatoes/gravy
Italian Green beans
Strawberry Chiffon

10.
Red Chili Shredded Beef
Fajita Blend
Vegetables
Squash w/ chili
Frybread
Fruit for Salad

11.
Baked Ravioli w/Sauce
Broccoli Cuts
Monaco Blend Veggies
Bread
Apricots

14.
Oven Broiled Chicken
Rice
Sautéed Cabbage/bacon
Fruit Mix
Bread

15.
Liver & Onions
Mashed Potatoes & Gravy
Pork Chops & Gravy
Peas
Apple Blueberry Cobbler
Bread

16.
Posole
Garlicky Beef Penne
Steamed Baby Carrots
Waldorf Fruit Salad
Chumuth
Poached Pears

17.
Vegetable Soup
Asian Chicken Salad
Tossed Salad
Crackers
Raspberry Cake
Pineapple

18.
Split Peas
Red Chili Chicken
Catalina Vegetable Salad
Carrot Raisin Salad
Scofk Chumuth
Fruit Cocktail

21.
Beef Vegetable Stew
Roasted Brussel Sprouts
Biscuits
Assorted Fruits

22.
Chili con Carne
Chili rice with Beef
Cornbread w/ Margarine
Cucumber/Tomato Salad on Shredded Lettuce
Diced Pears

23.
Chicken Supreme
Harvard beets
Broccoli cuts
Bread
Margarine
Pineapple Tidbits

24.
BBQ Pork Ribs
Spinach
Braised Pork Ribs
Capri Blend Veggies
Potato Salad
Spiced Applesauce
Homemade Roll

25.
Beef Bean Burrito
Sautéed Zucchini
Shredded lettuce
Peaches

28.
Spaghetti & Meat Sauce
Italian Style Meatballs/Spaghetti
Italian Green Beans
Garlic Bread
Sautéed Cabbage
Peaches

29.
Chicken Stew
Rice
Mixed Veggies
Biscuit
Strawberries
Whipped Topping

30.
Lima Beans
Salisbury Steak/ Noodles
Cucumber/Radish Slaw
Warm Bread Pudding
Chumuth
Fruit Cup

31.
Baked Pork Chops/Stuffing
Bread
Margarine
Capri Blend Veg
Tossed Salad/Dressing
Carrot/Pineapple Cake

Lunch meals are delivered with 1% milk for regular diets and juice for **RENAL** diets.

FRIDAYS- Chocolate Milk for Regular diet

RENAL diets will receive 4oz. milk and 4oz. juice when breakfast is served.

Substitutions for RENAL diets are in RED

Menu subject change due to unforeseen circumstances.

For program questions please contact:

ELDERLY NUTRITION PROGRAM

520-562-9696

FOR DELIVERY INQUIRIES CONTACT YOUR LOCAL ELDERLY DISTRICT COORDINATOR