



Monday	Tuesday	Wednesday	Thursday	Friday
KIKSTART, INC. (623) 266-7578		EL MIRAGE SENIOR CENTER	1 Baked Fish Mashed Potato w/Skin Broccoli Pineapples	2 Cheese Quesadilla Normandy Blend Veggies Tomato Soup Peaches
5 Homemade Chili w/Beans Garlic Roasted Potatoes Green Beans Pears	6 Chicken Fajitas Whole Wheat Tortilla w/Onions, Red & Green Peppers Pinto Beans Warm Cinnamon Peaches	7 Chef Salad Turkey, Ham, Egg, Cheese Cream of Broccoli Soup Sliced wBread Pineapples	8 Enchiladas w/Lettuce & Tomato Spanish Rice & Beans Apple	9 Pizza Carrot Stick Ranch Dip Gelatin w/Fruit
12 Polish Sausage Cabbage Carrot Raisin Salad ww/Bun Pears	13 Soft Beef Taco Pinto Beans Chef's Green Veggies Brown Rice w/Tomato & Peppers Peaches	14 Chicken LoMein Oriental Veggie Mix Spinach Warm Cinnamon Apple Slices	15 Turkey & Cheese Sandwich Vegetable Soup Broccoli Orange	16 Grilled Chicken Burger Lettuce & Tomato w/Bun Potato Wedges Pineapples Oatmeal Cookies
19 Buffalo Chicken Wrap w/Spinach & Grated Carrots Tomato Soup Ranch Dip Whole Apple	20 Roasted Turkey Baked Sweet Potato Cole Slaw Dinner Roll Fresh Fruit in Season	21 Stuffed Bell Pepper w/Whole Grain Brown Rice Peas & Carrots Mixed Fruit	22 Hamburger w/Lettuce & Tomato on Bun Sweet Potatoes Chefs Green Vegetable Peaches	23 Pizza Carrot Sticks Ranch Dip Oatmeal Cookies
26 BBQ Shredded Pork Pinto Beans, Cole Slaw Green Beans Wheat Sandwich Thins Pineapples	27 Taco Salad Brown Rice & Beans Oatmeal Cookies Apple	28 Grilled Chicken Burger w/Lettuce, Tomato, on Bun Baked Sweet Potatoes Mixed Veggies Warm Peaches	29 Cabbage Roll w/Ground Beef in Tomato Sauce Mashed Potatoes Peas & Carrots Pears	30 Chicken & Brn Rice Casserole Pinto Beans Spinach Orange Oatmeal Cookies