



The suggested contribution for those 60 and above and those under 60 with disabilities is \$3.50.

Contributions above the suggested donation are always appreciated.

### AZCEND Senior Nutrition

#### Program Manager:

Kelly Delgado  
480-782-2721

#### Outreach Specialist:

480-503-6061

#### Home Delivered Meals:

480-503-6058

#### Transportation:

Para Transit: 602-716-2200  
Ride Choice: 602-716-2100  
Chandler FLEX:  
602-932-0291

#### Senior HELP Line:

602-264-4357

#### EMPACT Counseling:

480-784-1514 EXT. 1219

#### Housing Assistance:

480-782-3200

#### Chandler Senior Center:

480-782-2720

## LUNCH MENU - OCTOBER 2025

Menus are subject to change. Lunch is served M-F at 11:30 a.m.

MON	TUE	WED	THUR	FRI
*To Make Reservations For Lunch Please Call 480-782-2721		<b>1</b> Beef Patty w/Gravy Mashed Potatoes Green Beans Apple Slices	<b>2</b> Macaroni & Cheese Chuckwagon Blend Italian Blend Fresh Fruit Salad	<b>3</b> Asian Glazed Pollock Spinach California Blend Pineapple
<b>6</b> Beef Sloppy Joe Oven Roasted Baby Baker Cauliflower Cinnamon Apple Slices	<b>7</b> 5 Bean & Rice Bake Oven Roasted Tomatoes Zucchini Orange	<b>8</b> Pulled Pork & Beans Sweet Potatoes Broccoli Sliced Pear	<b>9</b> Crab Cake Brussel Sprouts Germany Blend Mango Fruit Salad	<b>10</b> Million Dollar Cheese Casserole San Francisco Blend Collard Greens Mixed Berries
<b>13</b> Tuna Salad Sandwich Potato Salad Coleslaw Strawberries	<b>14</b> Southwest Pork Casserole Spinach Apple	<b>15</b> Thanksgiving Style Turkey Casserole Carrots Peaches	<b>16</b> Cheeseburgers Broccoli Roasted Red Potatoes Pineapple & Blueberries	<b>17</b> Pasta Fagioli Key Largo Blend Butternut Squash Mango Fruit Salad
<b>20</b> Chicken Breast w/Gravy Edamame California Blend Pineapple	<b>21</b> Meatloaf Mashed Potatoes Winter Blend Apricots	<b>22</b> Crab Salad Asian Cucumber Salad Tomato Bisque Tropical Fruit	<b>23</b> Baked Chicken Schnitzel Sauteed Red Cabbage Roasted Sweet Potatoes Cranberry Applesauce	<b>24</b> Pulled Pork Sandwich Broccoli Peas & Carrots Pear
<b>27</b> Spaghetti & Beef Meatballs Stewed Tomatoes Acorn Squash Apple	<b>28</b> Lemon Tilapia Roasted Red Potatoes Carrots Fresh Carrots	<b>29</b> Bean & Cheese Burrito Zucchini, Squash, & Tomatoes Cauliflower Peaches & Blueberries	<b>30</b> Southern Style Pork Stew Brussel Sprouts Mango Fruit Salad	<b>31</b> Ham & Egg Burrito Oven Potato Hash Spinach Blackberries & Yogurt

DISCOVER.

IMAGINE.

GROW.

