

September

Dinner Calendar



NEIGHBORS WHO CARE

Helping Seniors Remain Independent

Neighbors Who Care

10450 E. Riggs Rd Ste. 113

Sun Lakes, AZ 85248

Direct#: 480-895-1781

Call by 11:30 am

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend (Friday Delivery)
	¹ Pan Fried Pork Cutlet Caramelized Onions, Gravy, Mashed Potato, & Grilled Mushrooms	² Chicken Piccata (lemon, caper, butter sauce), Rice Pilaf, & Chef's Vegetables	³ BBQ Pulled Pork, Mashed Potatoes & Gravy, Buttered Carrots	⁴ Tuna Salad on a bed of lettuce w/ cucumbers, tomatoes, artichokes, and black olives. ranch dressing	⁵ Grilled Chicken Burrito, served with a caramel filled churro
 ⁷	⁸ Chicken Marsala, Rice Pilaf, & Chef's Vegetables	⁹ Antipasto Salad Italian dressing (salami, artichokes, black olives, tomatoes, mozzarella cheese)	¹⁰ Meatloaf, Mashed Potatoes & Gravy Chef's Vegetables	¹¹ BBQ Chopped Chicken, Roasted Potatoes, Buttered Corn	¹² 2 Marinated Pork Tacos Flour Tortillas Refried Pinto Beans & Spanish Rice
¹⁴ Chicken Teriyaki White Rice, Steamed Broccoli & Soy Sauce	¹⁵ Eggplant Parmesan served w/ marinara over Fettuccini Pasta	¹⁶ Breaded Pan-Fried Pork Cutlet in a white wine garlic cream sauce, Baked Potato & Chef's Vegetables	¹⁷ Salisbury Steak, Mashed Potato & Brown Gravy, Chefs' Vegetables	¹⁸ Honey Garlic Grilled Chicken Breast, Rice Pilaf & Chef's Vegetables	¹⁹ *Ground Beef Sopes, Spanish Rice & Beans topped with meat, cheese, shredded lettuce & Sour Cream
²¹ Chicken Tenders French Fries BBQ Sauce & Ketchup	²² Sweet and Sour Pork Stir Fried with thin Asian Noodles	²³ Cheeseburger (lettuce, tomato, red onion) French Fries & Ketchup	²⁴ Chicken Cordon Blue, with garlic cream sauce Roasted Potatoes & Chef's Vegetables	²⁵ Beef Stroganoff	²⁶ Protein Bowl: Grilled Chicken, Refried Pinto Beans, Spanish Rice, Fajita Vegetables, Sour Cream
²⁸ Grilled Orange Chicken, White Rice & Steamed Broccoli	²⁹ Cobb Salad w/ ranch dressing (grilled chicken, bacon, hard boiled eggs, tomato, cucumber, carrots)	³⁰ Grilled Ham Steak, Mashed Potatoes & Brown Gravy Buttered Corn			

*New Dish