



WE ARE
Meals On Wheels
so no senior goes hungry



OCTOBER 2025

**Celebrating
40+ Years!**

Daily in-house lunch guests 60 & over ~ \$7 suggested contribution for NACOG Clients, \$7 payment for non-NACOG, all others a \$10 required payment. Reservations ~ please call 928-282-2834 the day prior. Services funded by the Older Americans Act, SSBG funds, and the State of Arizona. Funding is allocated on a regional basis from AZDES. DAAS to NACOG Admin. Menu subject to change based on available food items. THANK YOU!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Roast Turkey w/Gravy Roasted Potatoes Carrots House Salad Apples	2 Tamale Pie Pinto Beans w/ Red Bell Peppers Zucchini House Salad Fruit	3 Chicken & Rice Casserole Sweet Potatoes WW Dinner Roll House Salad Pudding
6 Hungarian Goulash Over Egg Noodles Mixed Veggie House Salad Fruit	7 Quiche w/Spinach & Tomatoes Hash Browns Peppers & Onions Cottage Cheese Banana Bread	8 BBQ Chicken Potatoes Corn Bread House Salad Fruit	9 Open Face Turkey Sandwich Oven Fries Veggies House Salad Fruit	10 Beef Stew w/ Potatoes & Carrots WW Roll House Salad Brownies
13 	14 Beef & Broccoli w/Stir Fry Veggies Brown Rice House Salad Fruit	15 Roasted Pork Potatoes Zucchini House Salad Fruit	16 Baked Ziti Squash Medley Garlic Bread House Salad Cookies	17 Oven Fried Chicken Mashed Potatoes Mixed Veggies House Salad Jell-O
20 Pork Stir Fry Veggie Fried Rice Cabbage Salad Fortune Cookies	21 Meatloaf Potatoes Butternut Squash House Salad Birthday Cake	22 Red Chile Enchiladas Refried Beans Lettuce & Tomato Tropical Fruit	23 Beef Stroganoff WG Egg Noodles Green Beans House Salad Berry Medley	24 Fish Sticks Tator Tots Veggie Mix House Salad Fruit
27 Spaghetti Bolognese Italian Blend Veggies Garlic Bread House Salad Fruit	28 Chicken Tortilla Soup Tortilla Chips House Salad Peach Cobbler	29 Chicken & WW Dumplings Carrots & Peas House Salad Fruit	30 Pork Chops Wild Rice Pilaf Veggie Mix House Salad Baked Apples	31 ~ HALLOWEEN Chicken Fried Steak Mashed Potatoes Green Beans House Salad Pumpkin Spice Cake

Spaghetti Squash Vegetable Medley

Ingredients:

1 can (28-ounces) peeled Italian-style tomatoes
3 cloves garlic, minced
1/3 cup plus 2 tablespoons olive oil, divided
1/2 cup chopped fresh basil
1/2 cup chopped fresh parsley
1/2 teaspoon salt
1/4 teaspoon dried oregano
1 medium spaghetti squash
2 cups broccoli florets
1 zucchini, sliced
1 summer squash, sliced
1/2 cup scallions, white part only, chopped
3 tablespoons grated Parmesan cheese
freshly ground black pepper, to taste

Instructions:

Prepare sauce ahead of time: Drain tomatoes and place in a bowl with garlic, 1/3 cup of olive oil, basil, parsley, salt, and oregano. Cover and let stand at room temperature.

Preheat oven to 400°F.

Cut spaghetti squash in half, remove seeds, and drizzle with 1 tablespoon of olive oil. Bake for 40 to 45 minutes, or until tender when pierced with a fork. Let cool, then use a fork to scrape strands of squash from shell into a large bowl. Cover and set aside.

Steam broccoli, zucchini, and summer squash until each is fork tender.

In a skillet over medium heat, warm remaining 1 tablespoon of olive oil. Add scallions and cook until soft. Add steamed vegetables and heat thoroughly. Add vegetable mixture to the bowl of squash along with tomato sauce and stir to combine.

Sprinkle with Parmesan and season with pepper. Serve warm or at room temperature.

Meals on Wheels Clients ~ Please call us at 928-282-2834
if you know you are not going to be home for a meal delivery. We ask that you call us as soon as you know, or before 9:30am on the day you won't be home.

Facts about Breast Cancer in the U.S.



1 in 8 women

will develop breast cancer in her lifetime.



2,710

new cases in men are estimated to be diagnosed with invasive breast cancer in 2022.



287,500

new cases in women are estimated to be diagnosed with invasive breast cancer in 2022.



3.8+ million

breast cancer survivors in the United States, this includes women currently being treated and who have finished treatment.

October is Breast Cancer Awareness Month!

Breast cancer is the world's most common cancer. Together, we can make a difference in the lives of millions. Donate to support free resources and programming for people affected by breast cancer.



Cancer Research

www.cancerresearch.org

Sources:

www.nationalbreastcancer.org
www.breastcancer.org/