







SEPTEMBER 2024



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 Aging. Menu subject to change based on available food items. THANK YOU!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) 	3) Cheese & Spinach Ravioli Italian Veggie Blend Garlic Bread Caesar Salad Fruit	4) Asian Chicken Salad W/ Chow Mein Noodles Fortune Cookies	5) Pork Chops Rice Pilaf Veggie Blend House Salad Applesauce	6) Chicken Strips Mashed Potatoes Squash House Salad Watermelon
9) Fajitas w/ Peppers & Onions Black Beans & Corn Corn Tortillas Shredded Lettuce & Tomato Cantaloupe	10) Mac & Cheese with Ham Spinach House Salad Pudding	11) Turkey Sandwich Green Salad Potato Chips Cookies	12) Salisbury Steak Mashed Potatoes Green Beans House Salad Spice Cake	13) Herb Crusted Fish Rice Pilaf Green Beans House Salad Lemon Bars
16) BBQ Chicken Oven Fries Cornbread Coleslaw Fruit	17) Chili Relleno Casserole Pinto Beans w/ Red Bell Peppers Tortillas Green Salad Birthday Cake	18) Stuffed Peppers Stewed Tomatoes Dinner Roll House Salad Grapes	19) Spaghetti & Meatballs Italian Veggie Blend Garlic Bread House Salad Brownie	20) Chicken Salad in Croissant Sliced Cucumbers & Tomatoes Fruit Medley
23) Mongolian Beef Brown Fried Rice Stir Fry Veggies House Salad Oranges	24) Chicken Cacciatore Pasta Noodles Carrots House Salad Pears	25) Biscuits & Gravy Scrambled Eggs Peppers & Onions & Tomatoes Cottage Cheese Bananas	26) Meatball Sub w/ Roll Tator Tots Veggies House Salad Ice Cream	27) Restaurant Partner El Rincon
30) Shepherd's Pie Yellow Squash Dinner Roll House Salad Apple Cake		September is: <i>Better Breakfast</i> <i>Classical Music</i> <i>National Courtesy</i> Month		

September Stumper

E	S	L	L	A	F	C	O	F	F	E	E	B	E
A	M	P	I	R	A	T	E	R	P	I	Z	Z	A
D	I	I	R	O	G	R	I	V	E	E	Q	R	C
I	G	M	S	R	E	H	C	A	E	T	R	F	E
F	R	S	S	A	P	P	H	I	R	E	S	C	M
A	A	Y	F	P	A	T	R	I	O	T	D	A	Y
I	T	S	T	U	S	E	P	T	E	M	B	E	R
R	E	P	N	M	U	T	U	A	A	R	O	S	N
S	L	E	A	V	E	S	U	R	E	E	T	N	T
S	E	L	P	P	A	L	I	B	R	A	A	R	C
E	E	Q	U	I	N	O	X	R	E	E	B	O	E
T	E	E	A	L	O	B	S	T	E	R	P	C	R
L	A	B	O	R	D	A	Y	E	R	S	A	A	H
U	T	S	E	V	R	A	H	T	A	A	L	A	E

FAIRS
 LIBRA
 PATRIOT DAY
 AUTUMN
 HARVEST
 TEACHERS
 LABOR DAY
 LOBSTER
 EQUINOX
 BEER
 ASTER
 ACORNS
 PIZZA
 VIRGO
 FALL
 MIGRATE
 SEPTEMBER
 SAPPHIRE
 COFFEE
 PIRATE
 LEAVES
 APPLES

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.

Baked Apples Filled with Sausage

It's apple season! Make apples part of your dinner time with this hearty recipe!

Ingredients

- 1 pound bulk sausage
- 6 large tart baking apples
- 2 tablespoons brown sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon grated lemon rind
- 1/4 cup chopped figs
- brown sugar, ground cinnamon, grated lemon rind, or chopped figs

Instructions

1. Preheat the oven to 375 degrees F.
2. Brown the sausage in a large skillet.
3. Wash the apples and cut a slice from the tops. Scoop out the flesh, leaving shells 1/2 inch thick. Cut the flesh from the cores and chop it.
4. Add the chopped apple, brown sugar, cinnamon, lemon rind, and figs to the sausage and mix well.
5. Fill the apple shells with the mixture. Sprinkle the tops with brown sugar, cinnamon, grated lemon rind, or chopped figs.
6. Place in a baking dish, cover, and bake until tender, about 40 minutes.
7. Serve with hot biscuits and a green salad.