



WE ARE
Meals On Wheels
So no Senior goes hungry

OCTOBER 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) Chicken Parmesan Angel Hair Pasta Italian Veggies House Salad Fruit	2) Swedish Meatballs Over Egg Noodles Butternut Squash House Salad Pumpkin Bread	3) Bratwurst on Bun Waffle Fries Sauerkraut Coleslaw Berry mix	4) Taco Casserole Pinto beans Tortilla Chips House Salad Brownies
7) Orange Chicken Brown Fried Rice Stir Fry Veggies House Salad Cookies	8) Baked Ziti Cooked Spinach Garlic Bread House Salad Melon Medley	9) Philly Cheesesteak Peppers & Onions Oven Fries House Salad Fruit	10) Cheese Omelets Roasted Potatoes Peppers & Onions Cheddar Biscuit Banana Muffin	11) Oven Fried Chicken Mashed Potatoes Veggie House Salad
	15) Chicken & Rice Casserole Green Beans Dinner Roll House Salad Birthday Cake	16) Pork Roast & Gravy Roasted Potatoes Glazed Carrots House Salad Peaches	17) Turkey Enchiladas Black Beans Mexican Rice Romaine Lettuce & Diced Tomatoes Pineapple	18) Breaded Fish Wild Rice Pilaf Veggie Blend House Salad Apple Crumble
21) Chicken Fried Steak Mashed Potatoes Peas & Carrots House Salad Strawberries	22) Tuna Casserole Spinach Dinner Roll House Salad Pumpkin Bars	23) Garlic Lime Chicken Couscous Roasted Veggies House Salad Fruit	24) Hearty Beef Stew w/Carrots & Potatoes Dinner Roll Cookies	25) Restaurant Partner El Rincon
28) Shepherd's Pie Squash Medley House Salad Lemon Bar	29) Roasted Turkey Sweet Potatoes Green Beans House Salad Pudding	30) Beef Broccoli w/ Stir Fry Veggies Brown Rice House Salad Fortune Cookies	31) Happy Halloween Chicken Pot Pie Veggie Mix Cheddar Biscuit House Salad Apple Squares	

Fresh Apple Crumble Bars

Crust and Topping:

Ingredients:

1 cup all-purpose flour
1 cup old-fashioned rolled oats
3/4 cup brown sugar
1 teaspoon ground cinnamon
1/4 teaspoon salt
10 tablespoons (1-1/4 sticks) cold, unsalted butter, cut into 1/4-inch pieces

Instructions

Preheat oven to 350°. Lightly butter an 8x8-inch baking pan and set aside.

In a blender or food processor, add flour, oats, brown sugar, cinnamon, and salt and pulse to mix. Scatter butter over dry mixture and pulse until mixture resembles a coarse meal and holds together when pressed between your fingers. Press a little more than half of the mixture into the prepared pan, banking it about 1/2 inch up the sides. Refrigerate for 10 minutes, along with remaining crust/topping mixture. Remove crust from the fridge and bake on the center oven rack for 10 minutes. Cool completely.

Filling:

Ingredients:

2 tablespoons (1/4 stick) butter
3 large apples, peeled, cored, and cut into chunks
1/2 cup raisins
2 tablespoons brown sugar
2 teaspoons fresh lemon juice
2 teaspoons all-purpose flour

Instructions

In a skillet over medium heat, melt butter. Stir in apples and cook for 2 minutes, or until soft. Add raisins, brown sugar, and lemon juice and heat for 1 minute. Remove skillet from the heat and stir in flour. Transfer the apples to a plate and cool.

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 AND STATS

Breast Cancer Awareness Month

Breast cancer is the most common cancer in pregnant and postpartum women and occurs most often between ages 32-38.

For women in the U.S., breast cancer death rates are higher than those for any other cancer, besides lung cancer.

As of January 2018, there are more than **3.1 Million** women with a history of breast cancer in the U.S. This includes women currently being treated and women who have finished treatment.

HOW MANY WOMEN WILL DEVELOP INVASIVE BREAST CANCER?

About 1 in 8 U.S. women (about 12.4%) will develop invasive breast cancer over the course of her lifetime.

CAN ONLY WOMEN BE DIAGNOSED WITH BREAST CANCER?

The American Cancer Society estimates for breast cancer in men in the United States for 2018 are: About 2,550 new cases of invasive breast cancer will be diagnosed; about 480 men will die from breast cancer.

Are you more likely to get breast cancer if a family member was diagnosed?

A woman's risk of breast cancer nearly doubles **x 2** if she has a first-degree relative (mother, sister, daughter) who has been diagnosed with breast cancer.