




August Menu Selections • \$5 per Healthy entrée; \$7 per Special Diet entrée • Call 520-622-1600

SELECT FROM: HEAT & SERVE ENTRÉE (microwave 1-2 minutes) AND/OR READY-TO-EAT ENTRÉE (salad or sandwich)

COMPLIMENTARY SWEET INCLUDED • ALL MEALS LESS THAN 700MG SODIUM • HEART HEALTHY • VEGETARIAN DIET SUBSTITUTES PLANT PROTEIN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Questions? Need assistance ordering? Call 520-622-1600.</p>				<p>1 <u>Heat & Serve Entrée</u> - Meatloaf, Green Beans, Mandarin Oranges</p> <p><u>Ready to Eat Entrée</u> - Asian Chicken Salad, Mandarin Oranges</p>
<p>4 <u>Heat & Serve Entrée</u> - Herb Roasted Chicken Breast. Roasted Red Potatoes, 5-Way Veggies, Apple Slices</p> <p><u>Ready to Eat Entrée</u> - Mexican Tuna, Apple Slices</p>	<p>5 <u>Heat & Serve Entrée</u> - Pork Loin with Cranberry Sauce, Brown Rice, Capri Veggies, Mandarin Oranges</p> <p><u>Ready to Eat Entrée</u> - Chicken Pesto Salad, Mandarin Oranges</p>	<p>6 <u>Heat & Serve Entrée</u> - Stuffed Green Peppers, California Blend Veggies, Berries</p> <p><u>Ready to Eat Entrée</u> - Turkey Cobb Salad, Berries</p>	<p>7 <u>Heat & Serve Entrée</u> - Meatballs with Cream Sauce, Herbed Lemon Quinoa, Carrots, Pineapple</p> <p><u>Ready to Eat Entrée</u> - Spinach Chicken Salad, Pineapple</p>	<p>8 <u>Heat & Serve Entrée</u> - Chicken Fajitas with Pineapple Salsa, Green Beans, Mandarin Oranges</p> <p><u>Ready to Eat Entrée</u> - Chicken Pesto Salad, Mandarin Oranges</p>
<p>11 <u>Heat & Serve Entrée</u> - Lemon Chicken, White Rice, 5-Way Veggies, Apple Slices</p> <p><u>Ready to Eat Entrée</u> - Chicken Pesto Salad, Apple Slices</p>	<p>12 <u>Heat & Serve Entrée</u> - Meatloaf, Green Peas, Capri Veggies, Mandarin Oranges</p> <p><u>Ready to Eat Entrée</u> - Coconut Chicken Salad, Mandarin Oranges</p>	<p>13 <u>Heat & Serve Entrée</u> - Chicken Feta Pasta with Asparagus, California Blend Veggies, Berries</p> <p><u>Ready to Eat Entrée</u> - PB & J Sandwich, Berries</p>	<p>14 <u>Heat & Serve Entrée</u> - Beef & Broccoli Stir Fry, Brown Rice, Carrots, Pineapple</p> <p><u>Ready to Eat Entrée</u> - Chicken Sandwich, Pineapple</p>	<p>15 <u>Heat & Serve Entrée</u> - Texas-Style Chili over Rice, Green Beans, Mandarin Oranges</p> <p><u>Ready to Eat Entrée</u> - Southwest Chicken Salad, Mandarin Oranges</p>
<p>18 <u>Heat & Serve Entrée</u> – Shepherd’s Pie, 5-Way Veggies, Apple Slices</p> <p><u>Ready to Eat Entrée</u> - Asian Chicken Salad, Apple Slices</p>	<p>19 <u>Heat & Serve Entrée</u> - Classic Sloppy Joe, Capri Veggies, Mandarin Oranges</p> <p><u>Ready to Eat Entrée</u> - Tuna Salad, Mandarin Oranges</p>	<p>20 <u>Heat & Serve Entrée</u> - Grilled Tilapia, Brown Rice, California Blend Veggies, Berries</p> <p><u>Ready to Eat Entrée</u> - Chicken Taco Salad, Roll, Berries</p>	<p>21 <u>Heat & Serve Entrée</u> - White Chicken Lasagna, Carrots, Pineapple</p> <p><u>Ready to Eat Entrée</u> - Couscous Chicken Salad Pineapple</p>	<p>22 <u>Heat & Serve Entrée</u> - Tuna and Pasta Casserole, Green Beans, Mandarin Oranges</p> <p><u>Ready to Eat Entrée</u> - Turkey Salad Wrap, Mandarin Oranges</p>
<p>25 <u>Heat & Serve Entrée</u> - Beef Stew, White Steamed Rice, 5-Way Veggies, Apple Slices</p> <p><u>Ready to Eat Entrée</u> - Asian Chicken Salad, Apple Slices</p>	<p>26 <u>Heat & Serve Entrée</u> - Meatballs with Cream Sauce, Herbed Lemon Quinoa, Capri Veggies, Mandarin Oranges</p> <p><u>Ready to Eat Entrée</u> - Caesar Chicken Wrap, Mandarin Oranges</p>	<p>27 <u>Heat & Serve Entrée</u> - Chicken Enchiladas Casserole, California Blend Veggies, Berries</p> <p><u>Ready to Eat Entrée</u> - Cold Pork Noodle Salad, Berries</p>	<p>28 <u>Heat & Serve Entrée</u> - Dilled White Fish. Creamy Orzo, Carrots, Pineapple</p> <p><u>Ready to Eat Entrée</u> - Chicken Taco Salad, Roll, Pineapple</p>	<p>29 <u>Heat & Serve Entrée</u> - Meatloaf, Green Beans, Mandarin Oranges</p> <p><u>Ready to Eat Entrée</u> - Asian Chicken Salad, Mandarin Oranges</p>



Special Delivery

A NEWSLETTER FOR CLIENTS OF MOBILE MEALS OF SOUTHERN ARIZONA

Welcoming Our Neighbors at Quincie Douglas

When funding cuts to local Meals on Wheels deliveries impacted our neighbors, Mobile Meals stepped in to help. Our Opinion feature about issues and solutions appeared in the June 15, 2025 **AZ Star** edition. Now we're also working with the Quincie Douglas Center to provide needed congregate meals for local seniors, thanks to temporary funding provided by the City of Tucson. *We're here for our community!*

Cranes of Kindness

In a quiet act of beauty and compassion, 500 delicate paper origami cranes have found their way into the hearts and homes of Mobile Meals of Southern Arizona clients this month. The cranes (*lower right*)—each one a hand-folded symbol of hope, healing, and peace—were donated by Scott Wilson (*upper right*), a SaddleBrooke Ranch resident who believes in the quiet power of creativity to uplift others. He has practiced origami art since a neighbor gave his parents a book about origami when he was a child.



Through Mobile Meals nutritious deliveries and the warm presence of volunteer visitors, the organization nourishes both body and spirit. This month, that spirit took flight—literally—with the arrival of these vibrant origami creations from Scott, who wanted to share his art with the community.



"Each crane carries a message: You are seen, you are valued, and you are not alone," says Mobile Meals CEO L'Don Sawyer, who along with staff helped distribute the cranes along with the meals this month to clients. "It's a reminder that kindness doesn't have to be loud to be powerful."

Scott, a retired engineer, is inspired by this Japanese practice and the beauty of this traditional art: "I hope each one brings a little light to someone's day. Its value to the receiver is worth the intricate effort involved with creating each crane."

Creativity, care & connection still matter and make a difference!

August 2025

Order up!

Remember to place your Mobile Meals orders at the beginning of each month.

Need help ordering?
Call the HelpLine
at 520-622-1600

Every Meal Is Made Fresh Daily

If you have a friend who can benefit from our nutritious, tasty meals, please tell them about Mobile Meals.

Phone referrals accepted.

Or apply through
the website:
mobilemealssoaz.org

Upcoming Holiday
No Meal Deliveries:

Labor Day, September 1