

# VERDE VALLEY SENIOR CENTER DINING ROOM MENU

## May, 2024

500 E. Cherry Street, Cottonwood

[www.verdevalleyseniorcenter.org](http://www.verdevalleyseniorcenter.org)

Phone 928-634-5450

60+ Senior Subsidized Meal Contribution (Dining Room and Home Delivered Meals) \$5.00; Private Pay Home delivered Meals \$10.00;  
Under 60 Dining Room Meal is \$10.00

Luncheon Served from 12 to 1pm – Monday Through Friday. Reservations Preferred.

Menu subject to change without notice

We reserve the right to refuse service to anyone.

ALL MEALS SERVED WITH 2% MILK, A BREAD OR STARCH ITEM AND BUTTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>May 12<sup>th</sup>: Happy Mother's Day!</b></p> 	<p><b>May 29<sup>th</sup>: National Senior Health and Fitness Day!</b></p> 	<p><b>1) Chef's Salad w/Ham, Turkey, Cheese, Boiled Egg, Tomatoes, Carrots &amp; Cucumbers</b> Potato Salad w/Eggs, Pickles, Onions &amp; Celery Pineapple Chunks w/Mandarins</p>	<p><b>2) Breaded Chicken Patty Italiano w/Mozzarella</b> Orzo w/Butter, Garlic and Herbs Italian Blend Veg Pears w/Blueberries</p>	<p><b>3) Sheppard's Pie w/Peas, Carrots topped w/Mashed Potatoes</b> Okra w/Stewed Tomatoes Spinach &amp; Romaine Tossed Salad Sliced Peaches</p>
<p><b>6) Turkey Sandwich w/Lettuce, Tomato, Cheese &amp; Onion on Whole Wheat Bread</b> Pasta Salad w/Cucumbers, Tomatoes, Red Peppers &amp; Italian Dressing Orange Jello w/Mandarins</p>	<p><b>7) Cheese Ravioli w/Marinara</b> Roasted Egg Plant Romaine Tossed Salad Fresh Apple</p>	<p><b>8) Chicken Alfredo w/Broccoli &amp; Linguine Noodles</b> Capri Blend Veg Carrot/Craisin Salad Pineapple Chunks</p>	<p><b>9) Baked Ham Slice over Sage Stuffing w/Gravy</b> Steamed Cauliflower Buttered Cabbage Sliced Peaches</p>	<p><b>10) Stuffed Chicken Breast w/Gravy</b> Whole Green Beans Scalloped Potatoes Spinach Salad w/Walnuts, Mandarins &amp; Red Onion Strawberry &amp; Whipped Cream Stuffed Sponge Cake w/Strawberry Buttercream Frosting</p>
<p><b>13) Sweet Italian Sausage over Sauteed Red &amp; Green Peppers &amp; Onions</b> Stewed Tomatoes Italian Blend Veg Romaine Tossed Salad Sliced Pears</p>	<p><b>14) Green Chili Chicken Enchilada Casserole</b> Refried Beans w/Cheese &amp; Onions Spanish Rice w/Tomatoes Salsa, Lettuce, Tomato &amp; Onion Fruit Cocktail</p>	<p><b>15) Old Fashioned Meatloaf w/Gravy</b> Cheddar &amp; Chive Mashed Potatoes 5-Way Mixed Veg Bread Pudding w/Raisins Fresh Banana</p>	<p><b>16) Sweet 'n' Sour Pork w/Red &amp; Green Bell Peppers, Pineapple &amp; Onions over Brown Rice</b> Sauteed Cabbage Oriental Blend Apple Sauce w/Cinnamon</p>	<p><b>17) Tuna Salad w/Pickles, Celery &amp; Egg on a Bed of Romaine</b> Broccoli &amp; Craisin Salad Tomato, Cucumber &amp; Onion Salad Oatmeal/Chocolate Chip Cookie Melon Medley w/Fresh Mint</p>
<p><b>20) Baked Ham Chunks in Scalloped Potatoes w/Corn &amp; Onions</b> Broccoli Sliced Pickled Beets Hot Apple Crisp</p>	<p><b>21) Korean Beef over Brown Rice</b> Oriental Blend Whole Baby Carrots w/Parsley &amp; Butter Pineapple Chunks</p>	<p><b>22) Chicken Salad Sandwich w/Grapes, Relish, Celery, Onions &amp; Walnuts</b> Vegetable Pasta Salad w/Red Onion, Celery &amp; Broccoli Romaine &amp; Tomato Melon &amp; Fresh Fruit Salad w/Mint</p>	<p><b>23) Beef, Bean &amp; Cheese Burritos</b> Spanish Rice Mexicali Corn w/Red Bell Peppers Apple Waldorf Salad w/Walnuts</p>	<p><b>24) BBQ Pork Ribs</b> Baked Beans w/Ground Beef, Butter Beans, Kidney Beans &amp; Baked Beans Baked Potato w/Broccoli &amp; Cheese Creamy Coleslaw Corn Bread Sliced Banana in Chocolate Pudding</p>
<p><b>27) Closed for Memorial Day!</b></p> 	<p><b>28) Pork Chops in Onion Gravy</b> Fluffy Red Mashed Potatoes w/Skin On Buttered Corn w/Red Peppers Romaine Tossed Salad Hot Apple Crisp</p>	<p><b>29) Parmesan/Herb Crusted Tilapia over Brown Rice</b> Brussels Sprouts California Blend Veg Apricot Halves in Tapioca</p>	<p><b>30) BBQ Chicken Wings over Brown Rice</b> Mac 'n' Cheese Carrot Medallions Celery &amp; Carrot Sticks w/Ranch Dip Fruit Salad</p>	<p><b>31) Homemade Cheeseburgers</b> O'Brien Potatoes w/Red &amp; Green Bell Peppers and Onions BBQ Baked Beans Lettuce, Tomato, Onion Tropical Fruit</p>

Nutrition services are partially funded by the Older Americans Act, SSBG funds and the State of Arizona. Funding is allocated on a regional basis from the Arizona Department of Economic Security, Division of Aging and Adult Services (DAAS) to Area Agencies on Aging. Discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, or disability is prohibited. Reasonable accommodation will be made to allow a person with a disability to take part in a program, service, or activities.