

December 2025 Dining Room Menu

500 E. Cherry Street, Cottonwood

www.verdevalleyseiniorcenter.org

Phone: (928) 634-5450

Dining Room: 60+ Senior Subsidized Meal Contribution \$6.00. Under 60 Non-subsidized Meal \$10.00.

TO-GO MEALS: Fresh or Frozen \$10.00 each (Includes Sides) *Holiday Meal-price subject to change

Luncheon Served 12 p.m. to 1 p.m. Monday through Friday. _Reservations Preferred 24 hours in advance.

MENU SUBJECT TO CHANGE WITHOUT NOTICE! ALL MEALS SERVED WITH 2% MILK, BREAD OR STARCH ITEM, AND BUTTER!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Monterey Chicken w/ BBQ, Bacon, Tomatoes, Cheese Elote Corn Ribs Tex-Mex Brown Rice Garden Salad Apricots	2) Aztec Beef Tacos Potatoes 'Ole Mixed Fruit	3) BBQ Pulled Pork Baked Beans Creamy Coleslaw w/ Carrots Applesauce	4) French Dip w/ Mushrooms, & Cheese Sweet Potato Puffs Cucumber Salad Fresh Watermelon	5) Tuna Casserole Carrot Puree Vanilla Pudding w/ Banana Slices
8) Classic Meatloaf Hutspot Mashed Potatoes (w/ Carrots & Onion) Roasted Brussels Fruit Cocktail	9) Turkey Enchiladas w/ Gravy Roasted Cauliflower 5-Way Mixed Veg Cranberry Jello	10) Parmesan-Crusted Chicken w/ Mozzarella Rice Pilaf w/ Peas & Carrots Steamed Broccoli Pineapple Parfait	11) Salisbury Steak w/ Mushroom Gravy Rosemary Potatoes Cali Blend Veggies Sliced Pears	12) Teriyaki Chicken Wings w/ Brown Rice Baby Carrots Steamed Green Beans Fresh Orange
15) Italian Sausage Sub w/ Peppers, Onions, Marinara & Mozzarella on Hoagie Roll Caesar Salad Pineapple Chunks	16) Western Bacon Cheeseburger w/ Onion Ring & Bun Roasted Vegetables Seasoned Fries Apricots	17) Spaghetti w/ Turkey Bolognese & Vegetables Roasted Carrots Fruit Salad	18) Pasta Primavera w/ Italian Veggies Italian Nachos Fresh Cantaloupe & Honeydew	19) Christmas Dinner!* \$15.00 Sliced Spiral Ham Creamy Sweet Potatoes Asparagus Crab Mac 'N Cheese Risalamande
22) Breaded Baked Pork Chops Roasted Brussels Roasted Pots w/Carrots Applesauce	23) Stuffed Chicken w/ Creamy Marsala Mashed Potatoes Broccoli w/Carrots Fruit Cocktail	24) Closed to the Public Meals on Wheels will be delivered!	25) Closed – Christmas!	26) Closed – Christmas!
29) Smoked Sausage w/ Veggies & Brown Rice Roasted Cauliflower Peaches & Cream	30) Fettuccini w/ Pesto Cream Sauce Italian Vegetables Stuffed Portobellas Fruit Medley	31) Rustic Beef Wellington Roulade Dauphinoise Potatoes Haricot Verts Green Bean Medley Lucky Grapes Crème Brûlée	Happy New Year!	

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 activity. ***We reserve the right to refuse service to anyone.***



Holidays and celebrations

Major holidays:

Christmas (Dec. 25), Hanukkah, and Kwanzaa (Dec. 26–Jan. 1) are widely celebrated.

Seasonal traditions:

Families often gather during this time, and activities like decorating, gift-giving, and enjoying the cold weather are common in the Northern Hemisphere.

Other observances:

The month includes holidays like Boxing Day (Dec. 26) and New Year's Eve (Dec. 31).

Astronomical events

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Winter Solstice:

In the Northern Hemisphere, December features the shortest day of the year.

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Summer Solstice:

In the Southern Hemisphere, December marks the longest, sunniest day of the year.

Other facts and observances

- **Unique calendar fact:**

December is the only month that always ends on the same weekday it begins.

- **Historical context:**

"December" comes from the Latin word "decem," meaning ten, as it was the tenth month in the ancient Roman calendar.

- **Fun days:**

The month is also recognized for unofficial holidays like Ugly Sweater Day and various days celebrating things like candy canes and gingerbread houses.

- **Month-long observances:**

December includes month-long observances such as World AIDS Day, Human Rights Month, and even Bingo Month.

