Formerly The Verde Valley Senior Center

THE STATION ON 6TH

January 2026 Dining Room Menu

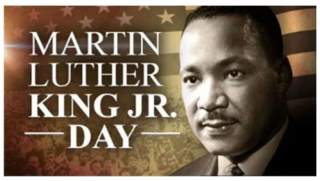
500 E. Cherry Street, Cottonwood *www.verdevalleyseniorcenter.org* Phone: (928) 634-5450

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) **CLOSED** 	**2) Fish Almandine** Brown Rice Cali Blend Veggies Baby Carrots Sliced Pears
5) Beef Cottage Pie w/ Peas, Carrots & Corn over Mashed Potatoes Squash Medley Arugula Salad Fruit Salad	**6) Teriyaki Chicken Kabobs** w/ Onions & Peppers Brown rice Steamed Broccoli Pineapple Chunks	**7) Pork Loin w/ Mushroom Gravy over Stuffing** Roasted Red Potatoes Brussels Sprouts Chocolate Pudding w/ Mandarins	**8) Veggie Lasagna** Honey-Glazed Carrots Fresh Mango	**9) Chicken Salad Sandwich** Coleslaw Garden Salad Cookie Sliced Peaches
12) Santa Fe Chicken w/ Black Beans, Corn, Diced Tomatoes & Cheese over Brown Rice Garden Salad Apricots	**13) Classic Tacos & Fixins** w/ Flour Tortilla Black Bean & Corn Salsa Tropical Fruit	**14) Ham & Navy Bean Soup** Cornbread Muffins Sauteed Green Beans Baby Carrots Pears w/Blueberries	**15) Pork Machaca** Seasoned Corn Refried Beans Mandarins w/ Craisins	**16) Chicken Parm** over Linguine Sauteed Spinach Broccoli Salad Vanilla Pudding w/ Strawberries
19) **CLOSED** 	**20) Pastrami on Rye** w/ Swiss, Onions, Pickles & Mustard Cucumber Salad Sweet Potato Fries Fresh Banana	**21) Chicken Alfredo** w/ Fettuccini Steamed Broccoli Zucchini Halves Tapioca Pudding Pineapple Chunks	**22) Reuben Chowder w/** Corned Beef, Sauerkraut, Swiss and Rye Croutons Rainbow Beets Cottage Fries Grapes	**23) Southwest Burger w/ Fixins'** Baked Beans Creamed Corn Applesauce Carrot Salad
26) Chicken Florentine w/ Spinach, Peas & Carrots over Penne Pasta Capri Blend Veggies Pineapple Chunks	**27) Chile Relleno Casserole** Mexican Rice Refried Beans House Salad w/ Carrots Pears	**28) Classic Chili** Mac & Cheese w/ Broccoli Carrot Medallions Peaches & Cream	**29) Sausage Patty** w/ Country Gravy Homestyle Potatoes w/ Onions & Peppers Pasta Salad Fresh Apple	**30) Chicken Noodle Soup w/ Onions,** Carrots, Celery & Egg Noodles Buttery Snap Peas Spinach Salad Fresh Orange

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.***

For older adults, nutrition focuses on nutrient-dense foods like lean proteins, colorful fruits/veggies, whole grains, and low-fat dairy to combat nutrient absorption changes, plus essential hydration, calcium, Vitamin D, B12, and fiber, while limiting sodium, sugar, and unhealthy fats to maintain muscle, bone, and cognitive health. Every calorie should count, with an emphasis on whole foods and smart choices to meet changing energy needs.

Key Nutrients & Sources

- **Protein:** Lean meats, fish, eggs, beans, lentils, nuts, dairy (muscle mass).
- **Calcium & Vitamin D:** Dairy, fortified plant milks, leafy greens (kale, collards), tofu, fatty fish (bone health).
- **Vitamin B12:** Fortified cereals, meat, fish, eggs, dairy (nerve function, red blood cells).
- **Fiber:** Whole grains, fruits, vegetables (digestive health).
- **Healthy Fats:** Avocados, nuts, seeds, olive oil (heart health).

What to Limit/Avoid

- **Sodium:** Reduce salt; use herbs/spices for flavor.
- **Added Sugars & Refined Carbs:** Limit sugary drinks, sweets, white bread.
- **Saturated/Trans Fats:** Found in fried/processed foods, stick margarine.

Hydration & Lifestyle Tips

- **Stay Hydrated:** Drink water consistently, as thirst sensation can decrease with age.
- **Eat Often:** Smaller, frequent meals can help if appetite is low.
- **Make Calories Count:** Focus on nutrient-rich foods, not "empty calories".
- **Physical Activity:** Can help increase hunger.
- **Supplements:** Consult a doctor about B12, D, or other supplements if needed.
- **Easy Options:** Choose frozen/canned fruits/veggies if chopping is hard.

Don’t forget to join us every Tuesday for Movin’ w/Ann at 10:30am!
Exercise for all ages and abilities!

Every Tuesday Grief Support Group at 11am