



VERDE VALLEY SENIOR CENTER

Menu for January, 2018



500 E. Cherry St. ♦ Cottonwood, AZ 86326 ♦ Phone (928) 634-5450

60+ Senior Subsidized Meal Contribution \$5.00; All Other Meals \$8.00 (No Exceptions)

Lunch Served at 12 Noon ♦ Reservations Required (We reserve the right to refuse service to anyone)

Menu subject to change without notice! All meals served with 2% milk, a bread or starch item, and butter!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  HAPPY NEW YEAR! VVSC CLOSED	2 Southwest Turkey Burger w/Green Chili's & Cheese on a Whole Wheat Bun Tater Tots Chuck Wagon Corn Mexican Slaw Pineapple Chunks	3 Cheese Tortellini in Italian Meat Sauce Italian Green Beans Steamed Spinach Whole Wheat Bread Italian Antipasto Salad Fruit Salad	4 Bratwurst on a Hoagie Bun Hot German Potato Salad with Bacon Sauerkraut Fresh Broccoli Salad Apple Sauce	5 Parmesan Herb Crusted Tilapia Macaroni & Cheese Brussels Sprouts Whole Wheat Bread Mandarin Salad Vanilla Pudding
8 Chicken Fried Steak Mashed Potatoes w/Skins Peas & Carrots Homemade Biscuits Green Salad Sliced Peaches	9 Tuna Casserole with Egg Noodles Corn Niblets Steamed Broccoli Whole Wheat Bread Apricot Halves	10 Shepherd's Pie Topped w/ Mash Potatoes California Blend Veggie's Green & Wax Beans Whole Wheat Bread Sliced Pears Cookie	11 Pork Carnitas in a Whole Wheat Tortilla with a Mild Green Chili Sauce with Cheese Spanish Rice Pinto Beans Cabbage Slaw Pineapple Salad	12 Rosemary Turkey Patties w/ Gravy Scalloped Potatoes Baby Lima Beans Whole Wheat Bread Carrot & Raisin Salad Fruited Jell-O
15 Glazed Orange Chicken on Brown Rice Oriental Veggies Steamed Cabbage Whole Wheat Bread Tapioca Apricots	16 Homemade Chili over Beef Hotdog on a Whole Wheat Bun Tater Tots Succotash Garden Tossed Salad Sliced Pears	17 Birthday Wednesday Roast Beef & Gravy Mashed Potatoes Baby Carrots Whole Wheat Roll Banana Birthday Cake	18 Parmesan Crusted Chicken French Green Beans Roasted Zucchini Whole Wheat Bread Pasta Broccoli Salad Plums	19 Sliced Baked Ham One Half Baked Potato Cauliflower & Broccoli Au Gratin Cornbread Pineapple, Mandarin & Banana Salad
22 Spaghetti with Meatballs in a Marinara Sauce Italian Veggies Romaine Tossed Salad Whole Wheat Bread Hot Apple Cobbler	23 Curried Chicken over Brown Rice Fried Cabbage Steamed Broccoli Whole Wheat Bread Oriental Salad Mandarin Salad	24 Roast Pork w/ Sage Stuffing & Gravy Mashed Potatoes Roasted Carrots & Onions Whole Wheat Roll Apple Sauce	25 Salisbury Steak w/ Mushroom Sauce Peas & Carrots Potatoes Au Gratin Whole Wheat Bread Sliced Pickled Beets Citrus Fruit Salad	26 Chicken Pot Pie w/ Peas, Carrots, Celery and Onion Boiled Red Potatoes Brussels Sprouts Whole Wheat Bread Sliced Peaches Chocolate Pudding
29 Sweet Italian Sausage with Sautéed Onions and Peppers Stewed Tomatoes Steamed Spinach Hoagie Roll Cucumber Salad Sliced Pears	30 Mushroom and Swiss Burger on Whole Wheat Bun Potatoes Au Gratin Baked Beans Fruit Cocktail Brownie	31 Arthur's Meatloaf with Gravy Baked Sweet Potato Broccoli Au Gratin Whole Wheat Bread Fruited Jell-O		

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.