

VERDE VALLEY SENIOR CENTER MENU

September, 2017

500 E. Cherry Street, Cottonwood


Phone: (928) 634-5450

60+ Senior Subsidized Meal Contribution \$5.00; All Other Meals \$7.00 (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
<p>Chef Arthur and his spectacular team at the verde valley senior center offer a great healthy menu.</p>	<p><i>Don't forget to call & make your reservation for Wednesday, Sept. 20th – we look forward to helping you celebrate your September Birthday with a complimentary luncheon.</i></p>	<p><i>Fall is just around the corner & our menu selections will change for the season.</i></p>	<p><i>We hope you enjoy the variety of menu items offered. If you have a request for a favorite dish, we would love to hear from you.</i></p>	<p>1 Breaded Chicken Patties w/Country Gravy Baked Yams Succotash Whole Wheat Bread Garden Tossed Salad w/ Eggs Sliced Pears</p>
<p style="text-align: center;">CLOSED</p> 	<p>5 Mushroom Burgers w/White Cheese Potatoes O'Brien Peas & Diced Carrots Whole Wheat Bun Three Bean Salad Sliced Peaches</p>	<p>6 Sweet & Sour Pork Over Brown Rice w/Pineapple, Onion & Peppers Stir Fried Cabbage Steamed Broccoli Whole Wheat Bread Plums Tapioca</p>	<p>7 Ham & Scalloped Potatoes Cauliflower Seasoned Green Beans Corn Bread Carrot/Pineapple Salad Fresh Apple</p>	<p>8 Baked Filet of Fish Rice Pilaf Macaroni & Cheese Oriental Blend Veggies Whole Wheat Bread Honey Dew & Watermelon Medley Cookies</p>
<p>11 Home-made Chili w/Beans over an All Beef Dog on a Whole Wheat Bun Potatoes O'Brien Yellow Squash Garden Salad Fruit Cocktail</p>	<p>12 Shepard's Pie w/Mashed Potatoes Green Peas w/Mushrooms Buttered Baby Carrots Whole Wheat Bread Fresh Broccoli Salad Sliced Pears</p>	<p>13 Tender Roast Pork w/Stuffing & Gravy Dutch Mashed Potatoes Roasted Onions Home-Baked Whole Wheat Roll Apple Sauce w/Cinnamon</p>	<p>14 Chicken Fricasse w/Carrots & Leeks in a Cream Sauce over Angel Hair Pasta Roasted Parmesan Zucchini Baby Lima Beans Whole Wheat Bread Fresh Banana Vanilla Pudding</p>	<p>15 Salmon Potato Patties Scalloped Corn Brussels Sprouts Whole Wheat Bread Fruited Jell-o Salad Brownies</p>
<p>18 Cheese Stuffed Tortellini in Creamy Parmesan Sauce Stewed Tomatoes Steamed Spinach Whole Wheat Bread Cuke/Tomato Salad Plums</p>	<p>19 Country Fried Steak w/Gravy Boiled Red Potatoes w/Butter & Parsley Mixed Veggies Whole Wheat Bread Sliced Pickled Beets Sliced Peaches</p>	<p>20 French Dip (Thin sliced Roast Beef) w/au jus Potatoes au Gratin Mirepoix (Roasted Celery, Onion, Carrots) Hoagie Bun Fresh Cantaloupe "BIRTHDAY CAKE"</p>	<p>21 BBQ Pork Riblets (Boneless) Sweet Potato Casserole French Style Green Beans Whole Wheat Bread Apricot Halves Pickled Red Cabbage Salad</p>	<p>22 Curried Chicken over Brown Rice Oriental Blend Veg. Ginger Glazed Carrots Whole Wheat Bread Spinach/Mandarin Salad w/Diced Onion Cookies</p>
<p>25 Cheese Ravioli in a Meaty Marinara Sauce Italian Blend Veg. Hot Apple Crisp Whole Wheat Bread Romaine Tossed Salad w/Tomatoes</p>	<p>26 Chicken Enchilada Casserole w/Corn Tortillas Spanish Rice Refried Beans w/Cheese Mexican Cabbage Salad Pineapple Chunks</p>	<p>27 Everybody's Favorite Meatloaf Mashed Potatoes w/Skins Roast Parmesan Zucchini Whole Wheat Bread Apple/Grape Waldorf Salad</p>	<p>28 Open Faced Hot Turkey Sandwich w/Gravy & Stuffing Baked Potato California Blend Veg. Whole Wheat Bread Citrus Salad (Orange & Grapefruit)</p>	<p>29 Thin Sliced Pork Chops w/Onion Gravy Mashed Potatoes Roasted Parmesan Creamed Onions Brussels Sprouts Whole Wheat Bread Spinach/Mandarin Salad w/Red Onion</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 activity.