



VERDE VALLEY SENIOR CENTER MENU

February 2♥19



500 E. Cherry Street, Cottonwood

Phone: (928) 634-5450

Age over 60 may qualify for a Partially Subsidized Meal if Registered –Your fair share Contribution is \$5.00;

Under Age 60 Meals are \$8.00 (No Exceptions)

Luncheon Served at 12 Noon

Reservations Preferred 24 hours in advance. (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
<i>You are loved</i>	<i>Happy Valentine's Day</i>	Seniors Paint the Town Red for Valentine's Day! Join us for a Romantic Luncheon, Dreamy Music, Fun Games, Prizes & so much more! Please remember to sign-up for the festivities on the sheet at the front desk.		1) <i>Tender Roast Pork w/Sage Stuffing & Gravy</i> Scalloped Potatoes Brussels Sprouts Whole Wheat Rolls Apple Sauce
4) <i>Spaghetti Bolognese w/Ground Beef & Mushrooms</i> Italian Green Beans Squash Medley Whole Wheat Bread Garden Tossed Salad Fruit Salad	5) <i>Green Chili Chicken Casserole w/Cheese & Salsa & Corn Tortilla</i> Pinto Beans w/Green Peppers & Onion Spanish Rice Cabbage & Carrot Slaw Pineapple Chunks	6) <i>Baked Ham Slice</i> Baked Sweet Potato French Style Green Beans Cornbread Romaine Tossed Salad Citrus Salad	7) <i>Chicken Pot Pie w/Mixed Veggies</i> Mashed Potatoes w/Skins Hot Apple Crisp Whole Wheat Bread Cantaloupe Oatmeal Cookies	8) <i>Homemade Alfredo Cream Sauce w/Salmon Chunks over Egg Noodles</i> Green Peas Whole Wheat Bread Three Bean Salad Sliced Peaches
11) <i>Rosemary Turkey Patty w/Herbed Cream Sauce</i> Potatoes au Gratin California Blend Veggies Whole Wheat Bread Tropical Fruit Salad w/Mango Sliced Pickled Beets	12) <i>Pork Carnitas w/Mild Green Chili Sauce & Cheese</i> Whole Wheat Tortilla Mexicalli Corn Veggie Rolls Pitted Plums Mexi Cabbage Salad	13) <i>Broccoli/Cheddar Stuffed Meatloaf</i> Baked Potatoes Roast Zucchini Whole Wheat Bread Chocolate Pudding Fresh Banana	14) <i>Smoochie Chicken Breast w/Dressing & Sherried Mushroom Sauce</i> Blushing Mashed Potatoes w/ Beets Honey Glazed Baby Carrots Hot Baked Wheat Roll Peach of a Pear Slice Sweetie Pie Treats	15) <i>Seafood Fish Chowder w/Potatoes, Corn, Carrots, Onions & Celery</i> Stewed Tomatoes Brussel Sprouts Biscuits Sliced Peaches Veggie Pasta Salad
18) *Closed*	19) <i>Italian Meatball Sandwich</i> Brown Rice Pilaf Steamed Broccoli Whole Wheat Hoagie Chopped Romaine, Peppers, Onions, Cucumber, Tomato Black Olives Salad Pitted Plums	20) <i>Creamy Tuscan Garlic Chicken w/ Spinach over Pasta</i> Roast Zucchini Herb Seasoned Cornbread Hot Cinnamon Baked Pear Halves *Birthday Cake*	21) <i>Pepper Steak w/Onions, Peppers, Cabbage & Pea Pods Over Brown Rice</i> Oriental Blend Veggies Whole Wheat Bread Brussels Sprouts Mandarin, Pineapple, Banana Salad Tapioca	22) <i>Good ol' Fashioned Chili Dog on a Whole Wheat Bun</i> Macaroni & 3 Cheese Casserole Mixed Vegetables Carrot Craisin Salad Fruit Cocktail
25) <i>Swiss Style Breaded Beef Steak w/Celery Stewed Tomatoes w/Green Peppers</i> Boiled Red Potatoes Cut Green Wax Beans Whole Wheat Bun Tossed Garden Salad w/Grated Carrots Sliced Pears w/Berries	26) <i>Herb Baked Chicken Breast w/Gravy</i> Cheesy Mashed Potatoes Roast Carrots & Fresh Onions W/W Biscuits Sliced Peaches Vanilla Pudding	27) <i>BBQ Pork Sandwich on a Whole Wheat Bun</i> Homemade Ranch Style Beans w/Peppers Sweet Potato Fries Creamy Cole Slaw Tropical Fruit Salad	28) <i>Parmesan Crusted Filet of Fish over Brown Rice</i> Cauliflower au Gratin Peas & Carrots Whole Wheat Bread Fresh Orange Broccoli Salad	<i>Birthday Wednesday</i> If your Birthday is in the month of February , come and join us in our dining room on the 20th and you will receive a complimentary meal. (Must be 60 or over, show ID & be registered).

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

FREE TAX HELP!

Tax-Aide Is:

- A free, quality service supported by trained volunteers
- A confidential service
- Available to taxpayers with low and moderate income
- No minimum age limit and AARP membership is not required
- A service that prepares tax returns and answers tax questions
- A team of dedicated, proud, trained and IRS certified volunteers
- Available at the Verde Valley Senior Center February 5th through April 17th, 2019.

BY APPOINTMENT ONLY!

FOR APPOINTMENT CALL
(928) 634-5450 9 a.m. – 4 p.m.

VERDE VALLEY SENIOR CENTER
500 E. CHERRY STREET
COTTONWOOD, AZ

Appointment Days & Times are:

TUES. – WED. – THURS.

8:30 – 9:30 – 10:30 a.m.

12:30 – 1:30 – 2:30 p.m.



Each year the Verde Valley Senior Center has benefited from the generous donations made by participants utilizing this service.

Your donations may be tax deductible!

Don't wait until the end of the year to take advantage of making your Tax Credit donation!