



VERDE VALLEY SENIOR CENTER MENU

500 E. Cherry Street, Cottonwood

November, 2018

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
<p>1) Birthday Wednesday If your Birthday is in the month of November, come and join us in our dining room on the 14th and you will receive a complimentary meal. (Must be 60 or over, show ID & be registered).</p>	<p>Advance payment and reservation required for Thanksgiving Luncheon. Be sure to sign up early!</p>	<p>HAPPY THANKSGIVING! </p>	<p>1) Macaroni Bake w/3 Cheeses & Ham Chunks Roast Cauliflower Whole Wheat Bread Tossed Garden Salad Sliced Peaches</p>	<p>2) Pork Carnitas w/Mild Green Chili Sauce in a Whole Wheat Tortilla & Salsa Pinto Beans Spanish Rice Cole Slaw Pineapple Chunks</p>
<p>5) Tater Tot Casserole w/Ground Beef & Mixed Vegetables in a Mushroom Sauce Brussels Sprouts Whole Wheat Bread Romaine Tossed Salad w/Grated Carrots Hot Apple Crisp</p>	<p>6) Southern Style BBQ Chicken Wings (left or right wing) ½ Baked Potato Baked Beans Cornbread Sliced Pears “They’re All Nuts” Chocolate Brownies *Election Day*</p>	<p>7) “Win or Lose” Sweet & Sour Meatballs over Brown Rice Steamed Broccoli Spring Roll Whole Wheat Bread Mandarin/Banana Salad Tapioca Pudding *The Morning After*</p>	<p>8) Homemade Chili over Beef Dogs on a Whole Wheat Bun White Corn Niblets w/Peppers Creamy Cabbage Slaw Tater Tots Pitted Plums</p>	<p>9) Alfredo Cream Sauce w/ Chunked Tuna & Mushrooms over Noodles Calif Blend Veggies Steamed Broccoli Whole Wheat Bread Apricot Halves Oatmeal Chocolate Chip Cookie</p>
<p>12) Turkey Mushroom Burger on a W/W Bun w/ White Cheese Fr. Style Green Beans Sweet Potato Casserole Tomato Slice w/Romaine & Onion Fruit Cocktail</p>	<p>13) Spaghetti in a Meaty Marinara Sauce Steamed Spinach Squash Medley Whole Wheat Bread Cucumber Salad Apple Sauce</p>	<p>14) Oven Fried Chicken w/Gravy Mashed Potatoes Gingered Baby Carrots Homemade Biscuits Fresh Banana “Birthday Cake”</p>	<p>15) Cracker Barrel Meatloaf w/Gravy Scalloped Potatoes Roast Parmesan Zucchini Whole Wheat Bread Broccoli Salad Sliced Pears</p>	<p>16) Green Chili & Chicken Bake w/Melted Cheese & Corn Tortillas Pinto Beans Spanish Brown Rice Shredded Romaine Tossed Salad Pineapple Chunks</p>
<p>19) Sweet Italian Sausage w/ Sautéed Peppers & Onions Stewed Tomatoes Yellow Squash Three Bean Salad w/Garbanzos Whole Wheat Bread Sliced Peaches</p>	<p>20) Salisbury Steak w/ Mushroom Sauce Boiled Red Potatoes Peas & Carrots Whole Wheat Bread Pickled Beets Pitted Plums</p>	<p>21) Traditional Roast Turkey w/Sage Stuffing & Gravy Cranberry Relish Dutch Mashed Potatoes Green Bean Casserole Fresh Baked Rolls Pumpkin Pie Thanksgiving Luncheon</p> 	<p>We will be closed November 22 & 23 for the Thanksgiving Holiday.</p> 	
<p>26) Cheese Tortellini in a Marinara Sauce Italian Blend Veggies Steamed Spinach Whole Wheat Bread Tossed Romaine Salad Fruit Cocktail</p>	<p>27) Roast Pork w/Sage Stuffing & Gravy Roast Potatoes & Onions Peas in a White Parsley Sauce Whole Wheat Rolls Pineapple Chunks</p>	<p>28) Shepherd’s Pie w/Mashed Potatoes Baby Carrots Brussels Sprouts Whole Wheat Bread Fruit Salad Chocolate Pudding</p>	<p>29) Turkey Tetrazzini w/Mushrooms over Noodles Green Beans Baked Sweet Potatoes Whole Wheat Bread Fruited Jell-o</p>	<p>30) Herb Crusted Baked Tilapia over Brown Rice Pilaf Scalloped Corn w/Peppers Sautéed Cabbage Whole Wheat Bread Apricot Halves</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.

Healthy Lifestyle for Healthy Older Adults

Men and women are living longer, enjoying energetic and active lifestyles well into their 80s and 90s. Study after study confirms eating well and being active can make a dramatic difference in the quality of life for older adults.

You are never too old to enjoy the benefits of improved nutrition and fitness. With nutrient-rich foods and activities with friends, you can feel an immediate difference in your energy levels and enjoyment of life. In fact, as we get older, our food and activity choices become even more important to our health.

Focus on Nutrient Density

As adults age, they need fewer total calories, but higher amounts of some nutrients, especially calcium and vitamin D. In terms of nutrition, you need to focus on quality not quantity. For both optimal physical and mental health, older adults truly need to make every calorie count. For a healthy eating plan, choose a variety of foods from all of the **MyPlate** food groups regularly.

Retired people on limited incomes may have trouble buying enough nutrient-rich foods to meet all their nutritional needs. If this is a problem for you or someone you love, explore the options for senior meal sites, Meals on Wheels or supplemental nutrition assistance programs in your community.

The golden years definitely are not the time for extreme diets or drastic weight loss. Your goal should be to eat better while staying within your calorie needs. Fad diets frequently eliminate entire food groups, which can lead to serious nutrient gaps. Rapid weight loss often leads to a loss of lean body mass, exactly the opposite of what older people need for good health.

Aim for a stable weight as you get older. If you want to lose a few pounds, talk to your healthcare provider or a registered dietitian nutritionist about the best plan for you. The right balance of foods and activities can help you maintain strong muscles and bones.

Enjoy the Power of Protein

People of all ages need protein for strong, healthy bodies. Some older adults do not get the protein they need to maintain muscle mass, fight infection and recover from an accident or surgery. Chewing protein foods such as meat also can be a problem for some older adults. Here are a few tasty tips to pump up your protein intake, without upsetting your food budget or energy balance.

Enjoy More Beans

Add canned beans to salads, soups, rice dishes and casseroles.

Make Your Crackers Count

Spread peanut butter on whole-grain crackers and eat them as snacks or alongside soup, chili or salad.

Pump Up Your Eggs

Mix grated, low-fat cheese or extra whites into scrambled eggs.

Cook with Milk

Use fat-free or low-fat milk rather than water to make soup or oatmeal.

Use Dry Milk Powder

Mix a spoonful of dry milk into fluid milk, cream soups and mashed potatoes.