

# VERDE VALLEY SENIOR CENTER MENU

## May, 2018

500 E. Cherry Street, Cottonwood

Phone: (928) 634-5450


*Age over 60 may qualify for a Partially Subsidized Meal if Registered – Your fair share of 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>We thank all that participated in our recent survey and are very pleased with your favorable scores. We are truly blessed to have such a capable Chef and kitchen crew. Bon Appetit!</i>	<b>5/1 Open Faced Hot Turkey Sandwich w/Gravy</b> Mashed Potatoes w/Skins California Blend Veg. Whole Wheat Bread Mandarin/Pineapple Banana Salad	<b>5/2 Baked Ham Slice</b> ½ Baked Sweet Potato Black Eyed Peas Cornbread Carrot Craisin Salad Apple Sauce Cookies	<b>5/3 Cheese Stuffed Tortellini in a Veggie Marinara Sauce</b> Summer Squash Broccoli Whole Wheat Bread Spinach Tossed Salad Fresh Orange	<b>5/4 CINCO DE MAYO Cheesy Taco Skillet</b> Flour Tortilla Refried Beans Spanish Rice Shredded Lettuce, Diced Tomato, Onion Chocolate Pudding Fresh Banana
<b>5/7 Mild Sweet Italian Sausage w/Peppers &amp; Onions</b> Succotash Potatoes O'Brien Whole Wheat Bread Tomato/Cucumber Salad Sliced Pears	<b>5/8 Salisbury Steak w/Mushroom Gravy</b> Orzo w/Parmesan & Basil Steamed Broccoli Whole Wheat Bread Three Bean Salad Apricot Halves	<b>5/9 Slow Roasted Pork Loin w/Stuffing &amp; Gravy</b> Roast Potatoes Mixed Veggies Wheat Rolls Fresh Baked Cookies Fruit Salad	<b>5/10 Baked Fish Filet Lightly Seasoned w/Lemon Pepper</b> Macaroni & Cheese Brussels Sprouts Whole Wheat Bread Sliced Pickled Beets Melon Medley	<b>5/11 MOTHERS' DAY SPECIAL LUNCHEON</b> <b>Herb Crusted Chicken Breast w/Shrimp Cream Sauce</b> Scalloped Potatoes Gingered Baby Carrots Wheat Rolls Jell-o w/Strawberries
<b>5/14 Curried Chicken Over Brown Rice</b> Oriental Blend Veg. Steamed Broccoli Whole Wheat Bread Vanilla Pudding Fresh Banana	<b>5/15 Tuna Casserole w/Celery, Onions, Peppers, Egg Noodles</b> Roasted Zucchini Stewed Tomatoes Whole Wheat Bread Spring Mix Salad Sliced Pears	<b>5/16 Old Fashioned Pot Roast, Carrots, Celery &amp; Onions</b> Boiled Red Potatoes Cauliflower Wheat Rolls Sliced Peaches <b>"BIRTHDAY CAKE"</b>	<b>5/17 Green Chili Chicken Casserole w/Cheese &amp; Salsa</b> Refried Beans Spanish Rice Tossed Garden Salad Pineapple Chunks	<b>5/18 Spaghetti Bolognese</b> Green Beans Italiano Hot Apple Crisp Italian Bread Spinach/Romaine Tossed Salad w/Tomatoes
<b>5/21 Breaded Chicken Patties w/White Sauce</b> Fluffy Mashed Potatoes Mixed Veggies Whole Wheat Bread Fruit Cocktail	<b>5/22 Hot Ham &amp; Cheese on a Whole Wheat Bun</b> Seasoned Green & Wax Beans Sweet Potato Casserole Cole Slaw Pineapple Chunks	<b>5/23 Beef Stir Fry w/Peppers, Onions, Celery &amp; Pea Pods over Rice</b> Steamed Broccoli Veggie Roll Whole Wheat Bread Broccoli Salad Pitted Plums	<b>5/24 Hungarian Pork Goulash over Egg Noodles</b> Carrot Medallions Stewed Tomatoes Whole Wheat Bread Cucumber Salad Fruit Salad	<b>5/25 MEMORIAL DAY WEEKEND KICK-OFF...</b> <b>BBQ Chicken Wings</b> Buttered White Corn Niblets Hot Peach Cobbler Corn Bread Macaroni Salad
<b>5/28</b> <b>CLOSED</b>  <b>memorial DAY</b>	<b>5/29 Sweet &amp; Sour Pork over Brown Rice</b> Oriental Veggies Steamed Cabbage Whole Wheat Bread Pitted Plums Tapioca Pudding	<b>5/30 Oven Fried Chicken w/Gravy</b> Fluffy Mashed Potatoes Carrots and Peas Biscuits Sliced Peaches	<b>5/31 Fettuccini Alfredo with Salmon</b> French Style Green Beans Roasted Cauliflower Whole Wheat Bread Tomato Salad Apricot Halves	<b>May 16<sup>th</sup>:</b> <i>If your Birthday is in the month of May, come and join us in our dining room on the 16<sup>th</sup> and you will receive a complimentary meal. (Must be registered).</i>

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.

## Water: How much should you drink every day?

*Water is essential to good health, yet needs vary by individual. These guidelines can help ensure you drink enough fluids.*

### **Beyond the tap: Other sources of water**

You don't need to rely only on what you drink to meet your fluid needs. What you eat also provides a significant portion. For example, many fruits and vegetables, such as watermelon and spinach, are almost 100 percent water by weight.

In addition, beverages such as milk, juice and herbal teas are composed mostly of water. Even caffeinated drinks — such as coffee and soda — can contribute to your daily water intake. But water is your best bet because it's calorie-free, inexpensive and readily available.

Sports drinks should be used only when you're exercising intensely for more than an hour. These drinks help replace electrolytes lost through perspiration and sugar needed for energy during longer bouts of exercise.

Energy drinks are different from sports drinks. Energy drinks generally aren't formulated to replace electrolytes. Energy drinks also usually contain large amounts of caffeine or other stimulants, sugar, and other additives.

### **Staying safely hydrated**

Your fluid intake is probably adequate if:

- You rarely feel thirsty
- Your urine is colorless or light yellow

A doctor or registered dietitian can help you determine the amount of water that's right for you every day.

To prevent dehydration and make sure your body has the fluids it needs, make water your beverage of choice. It's also a good idea to:

- Drink a glass of water or other calorie-free or low-calorie beverage with each meal and between each meal.
- Drink water before, during and after exercise.
- Drink water if you're feeling hungry. Thirst is often confused with hunger.

Although uncommon, it's possible to drink too much water. When your kidneys can't excrete the excess water, the sodium content of your blood is diluted (hyponatremia) — which can be life-threatening.