

VERDE VALLEY SENIOR CENTER DINING ROOM MENU

April, 2025

500 E. Cherry Street, Cottonwood

www.verdevalleyseniorcenter.org

Phone 928-634-5450

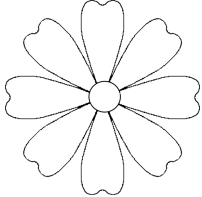



60+ Senior Subsidized Meal Contribution (Dining Room) \$6.00, (Home Delivered) \$5.00, Private Pay Home Delivered Meals \$10.00;
Under 60 Dining Room Meal is \$10.00

Luncheon Served from 12pm to 1pm – Monday Through Friday. Reservations Preferred.

Menu subject to change without notice

We reserve the right to refuse service to anyone.

ALL MEALS SERVED WITH 2% MILK, A WHOLE BREAD OR STARCH ITEM AND BUTTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>April's Flower is Daisy and Sweetpea!</p> 	<p>1) Spaghetti & Meatballs Italian Blend Veggies Garden Tossed Greens Baked Apple Crisp</p>	<p>2) BBQ Pork on a Bun 3-Bean Bake Mexicali Corn Pineapple</p>	<p>3) Baked Chicken Breast over Brown Rice Oriental Veggies Veggie Roll Tapioca Pudding Mandarins w/ Pineapple and Banana</p>	<p>4) Battered Pollock Mac & 3-Cheese Mixed Veggies Fresh Cantaloupe Carrot Salad</p>
<p>7) Oven Fried Chicken Potatoes Au Gratin Brussels Sprouts 3-Bean Salad Apple Sauce</p>	<p>8) Baked Lasagna Steamed Spinach Squash Medley Romane Tossed Salad Grape Salad</p>	<p>9) Good Ol' Fashioned Meatloaf Baked Potato Green Peas & Carrots Oatmeal Chocolate Chip Cookies Sliced Peaches</p>	<p>10) Baked Ham Slice w/Apricot Glaze California Blend Veg Baked Sweet Potato Kidney Bean Salad w/Egg Sliced Pears</p>	<p>11) Salmon Potato Patties w/White Parsley Sauce Seasoned Green Beans Steamed Broccoli Vanilla Pudding Tropical Fruit</p>
<p>14) Green Chili Burger w/White Cheese Tater Tots Baked Beans w/Peppers & Onions Hamburger Bun Pineapple Chunks</p>	<p>15) Southwestern Pork Casserole w/Cheese, Celery & Onions Succotash Brussels Sprouts Apricot Halves</p>	<p>16) Chicken Marsala Spaghetti Pomodoro w/Angel Hair Pasta Peas w/Pearl Onions Strawberry Mousse</p>	<p>17) Maundy Thursday Salmon Linguine in an Alfredo Sauce Stewed Tomatoes Spinach Sliced Baguette Apple Sauce</p>	<p>18) CLOSED Happy Easter!</p> 
<p>21) Baked Fish over Brown Rice Cauliflower Au Gratin Steamed Broccoli Garden Greens Fruit Cocktail</p>	<p>22) Swedish Meatballs in a Mushroom Sauce over Egg Noodles Corn w/Diced Peppers French Style Green Beans Carrot/Craisin Salad Sliced Pears</p>	<p>23) Old Fashioned Beef Stew w/ Celery, Peas, Carrots, and Onion Boiled Potatoes Fresh Bananas</p>	<p>24) Pork Chow Mein w/Noodles Steamed Cabbage w/ Oriental Veggies Jello w/Fruit Tapioca</p>	<p>25) Sweet Italian Sausage w/Red & Green Peppers & Onions Squash Medley Sauerkraut Romaine Tossed Salad Sliced Peaches</p>
<p>28) Beefaroni (Mac & Cheese w/Beef & Tomatoes) Green & Wax Beans Cauliflower Tomato/Cucumber Salad w/Onions Fruit Cocktail</p>	<p>29) Chicken Enchiladas Refried Beans Spanish Rice Cole Slaw Pineapple Chunks w/Maraschino Cherries</p>	<p>30) Baked Pork Chops Sweet Potato Casserole Green Peas Apple Sauce w/Cinnamon</p>	<p>April 28th is National Arbor Day!</p> 	<p>Just For Fun: April 7th is National No Housework Day!</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 activities.



Make Healthy Drink Choices

Building a healthy eating routine isn't just about the foods you eat - it's important to pay attention to your drink choices, too. Too many calories from drinks can make it hard to stay at a healthy weight.

Follow these tips to make healthy drink choices:

- Drink More Water - when you're thirsty, reach for water first
- Carry a reusable water bottle to refill during the day
- Keep a cold pitcher of water in fridge
- Try unsweetened sparkling water
- Choose low-fat or fat-free milk or dairy alternative
- Milk is a good source of calcium and other important nutrients
- If you need dairy free, look for ones that are fortified with calcium, Vitamin A & D
- Skip drinks with added sugars - When you choose drinks with added sugars, it's hard to get all the nutrients you need without getting too many calories
 - Avoid drinks like: soda, sports drink, energy drinks, fruit punch or cocktails, sweetened waters, sweetened coffee or tea
- Make careful coffee and tea choices
 - Try plain coffee or tea without sweeteners or cream
 - Add 1 teaspoon or less of sugar or honey
 - Add low-fat (1%) or fat-free (skim) milk instead
- Drink alcohol only in moderation or none at all
 - Drinking less is always healthier than more
 - Limit to 1 drink a day (12 oz beer or 5 oz wine)



Fruit Juice

- Choose whole fruits instead of juice for the fiber, but if you do drink juice:
- Choose 100% fruit juice
- Have a small serving - 4 oz or less
- Try mixing 100% fruit juice with plain or sparkling water to reduce calories

Caffeine

- Consume caffeine in moderation, less than 400 milligrams a day
- Caffeine affects some people more than others, so you may need to have less
- Remember tea, sodas, and energy drinks can also have a lot of caffeine

Remember, small changes make a big difference! So start simple - make healthier drink choices today.

Drink (12-ounce serving)	Total calories
Sweetened tea	115 calories
Regular soda	156 calories
Lemonade	171 calories
Chai latte	180 calories
Fruit drink (like fruit punch)	238 calories
Cafe mocha	290 calories