

VERDE VALLEY SENIOR CENTER DINING ROOM MENU

April, 2024

500 E. Cherry Street, Cottonwood

www.verdevalleyseniorcenter.org

Phone 928-634-5450



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

Luncheon Served from 12 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 BREAD OR STARCH ITEM AND BUTTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Spaghetti & Meatballs w/ Mushrooms Steamed Spinach Squash Medley Kidney Bean Salad w/Celery, Red Onion & Eggs Applesauce	2) Chicken Pot Pie w/Peas, Carrots & Mushrooms Scalloped Potatoes w/Corn Broccoli Sliced Peaches	3) Roasted Pork Loin over Green Apple Stuffing w/Gravy Brussels Sprouts Ginger Glazed Baby Carrots Vegetable Pasta Salad Pineapple Chunks	4) Breaded Pollock over Brown Rice Mixed Vegetables Cauliflower Green Garden Tossed Salad Apricot Halves	5) Beef Soft Taco's w/Onion, Red & Green Bell Peppers & Cheese Seasoned Pinto Beans Spanish Rice w/Stewed Tomatoes Whole Wheat Tortillas Sliced Bananas in Vanilla Pudding
8) Poorman's Stroganoff w/Sour Cream, Onion & Mushrooms California Blend Seasoned Green Peas Pickled Beets Sliced Peaches	9) Vegetable Lasagna w/Spinach, Yellow Squash & Mushrooms Carrot Medallions Steamed Zucchini Caesar Salad w/Croutons & Parmesan Cheese Sliced Pears	10) Flavorful Pork Stew w/Cauliflower, Onion, Celery & Green Beans Dutch Mashed Potatoes Amish Grape Salad	11) Oven Fried Chicken over Stuffing w/Gravy Mixed Vegetables Brussels Sprouts Creamy Coleslaw Fruit Cocktail	12) Salmon & Potato Patty w/Lemon Dill Sauce over Brown Rice Baked Sweet Potato California Blend Carrot/Craisin Salad Tropical Fruit
15) Spinach & Mozzarella Stuffed Meatloaf Peas & Carrots Mashed Potatoes Romaine Tossed Salad Fresh Banana	16) Tuna Casserole w/Mushrooms, Peas, Carrots & Egg Noodles Topped w/Melted Cheese Brussels Sprouts Steamed Cauliflower Broccoli Salad w/Craisins Fruit Cocktail	17) Chicken Fricassee w/Leeks & Carrots in a Cream Sauce over Linguine Seasoned Broccoli Melon Medley w/Fresh Mint	18) Cheese Ravioli w/Marinara (no meat) Sliced Zucchini Baby Carrots w/Butter & Parsley Sliced Peaches	19) Hot Ham & Cheese on a Bun Green & Yellow Beans & Tomato Bake Sliced Lettuce, Tomato & Onion Hot Apple Crisp Chocolate Pudding
22) Salisbury Steak w/Mushroom Gravy Cheesy Garlic Mashed Potatoes Peas & Carrots 3 Bean Salad Fresh Apple	23) Ham Scalloped Potato Casserole w/Corn, Topped w/Cheese Cut Green Beans Cauliflower Apricots	24) Sweet 'n' Sour Chicken w/Peppers, Onion & Pineapple over Brown Rice Oriental Blend Steamed Broccoli Tropical Fruit Tapioca Pudding	25) Cheeseburger w/Caramelized Onions Tater Tot Casserole w/ Melted Cheese in a Mushroom Sauce Fried Sweet Potatoes Sliced Lettuce, Tomato & Onion Whole Wheat Bun Sliced Peaches	26) Bratwurst on a Bun w/Sauerkraut Picked Red Cabbage Hot German Potato Salad w/Bacon Pineapple Chunks Chocolate Chip Cookie
29) Pork Chops in Onion Gravy Carrots Mashed Potatoes Pea Salad w/Bacon, Cheese and Red Onion Applesauce	30) Homemade Chili over an All-Beef Hot Dog on a Whole Wheat Bun Sweet Potato Fries Broccoli Mac 'n' Cheese Pears w/Apricots	April 22nd is Earth Day! 		Oh, how fresh the wind is blowing! See! The sky is bright and clear, Oh, how green the grass is growing! April! April! Are you here? –Dora R. Goodale (1866 – 1953)

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.