

VERDE VALLEY SENIOR CENTER MENU

August, 2022

500 E. Cherry Street, Cottonwood

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 \$10.00

Luncheon Served from 12 to 1pm - Monday, Wednesday and Friday- Tues. & Thurs. Frozen Meals are available on Mon., Wed., & Fri. for a Suggested Contribution of \$5.00 Until Further Notice

Reservations Required.

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
1)Pork Fritter w/Onion Gravy Fluffy Mashed Potatoes Mixed Vegetable Carolina Coleslaw Whole Wheat Bread Sliced Pears	2)Frozen: Homemade Salisbury Steak w/Mushroom Gravy Scalloped Potatoes Seasoned Green Peas w/ Diced Carrots Citrus Cabbage Slaw Whole Wheat Bread Apricot Halves	3)Egg Salad on a bed of fresh romaine Tabouli Salad w/English Cucumber& tomatoes Broccoli Almond Salad Whole Wheat Bread Watermelon w/mint Chocolate Chip Cookie	4) Frozen: Pork Stir Fry w/Pea Pods, Onions, and Celery over Brown Rice Oriental Blend Whole Wheat Bread Fresh Orange	5)Tuna Casserole w/egg noodles, peas & Carrots Seasoned Brussels Sprouts Chuckwagon Corn Whole Wheat Bread Fruit Cocktail
8)Patty Melt w/Swiss Cheese& Caramelized Onions Baked Yam Seasoned Green Peas Pickled Beets Whole Wheat Bread Cantaloupe w/mint	9)Frozen: Curried Chicken over Brown Rice Oriental Blend Roasted Yellow Squash Diced Pears	10) Oven Roasted Pork Loin w/ Plum Sauce California Blend Wild rice Applesauce Tapioca Pudding	11)Frozen: Teriyaki Chicken Wings w/Carrots over chow Mein Noodles Steamed Cabbage Sliced Peaches	12)Veggie Pizza w/cheese, bell peppers, onions & mushrooms Mac & Cheese w/Cauliflower Caesar Salad Tropical Fruit
15)Swedish Meatballs over Egg Noodles w/ mushroom sauce Seasoned Carrot Medallions French Style Green Beans Tomato, Cucumber, Onion Salad Whole Wheat Bread	16)Spaghetti w/Meat Sauce Seasoned Steamed Spinach Whole Wheat Bread Pitted Plums	17)Baked Ham w/ Apricot Glaze Seasoned Great Northern Beans Sauteed Brussels Sprouts w/bacon & onion Whole Wheat Bread Orange Fluff Salad	18)Chicken & Broccoli Stir Fry w/Chestnuts& Mushrooms over Brown Rice Sauteed Cabbage w/Onion and Bacon Whole Wheat Bread Sliced Pears	19)Stuffed Bell Peppers w/brown rice Stewed Tomatoes Succotash Whole Wheat Bread Fresh Banana Homemade Bread Pudding
22)Good Ol' American Beef Hot Dog Baked Potato w/Cheese and Broccoli Cowboy Caviar w/Black & White Beans, Corn, & Tomatoes Chips Watermelon	23)Pork Fajitas w/Peppers & Onions Seasoned Pinto Beans Spanish Rice w/Diced Carrots Applesauce	24)Chicken Fettuccine Alfredo Green Peas Baked Yam Spinach and Romaine tossed veggie salad Whole Wheat Bread Peach Cobbler	25)BBQ Meatball Sandwich Seasoned Wax& Green Beans Seasoned Squash Sliced Pears	26)BBQ Chicken Smokey Green Beans Mashed Potatoes Pasta Slaw w/ Grated Carrots Grapes Homemade Brownie
29)Sheppard's Pie w/Peas, Carrots & Onions Oven Roasted Veggies Cauliflower Au Gratin Romaine Tossed Salad Fresh Banana	30)Lasagna Casserole w/Pasta Shells, Mozzarella Cheese& Ricotta Cheese Squash Medley Apricot Halves	31)Chicken & Shrimp Quesadilla w/Green chilis, Onion, Diced Tomato & Cheddar/Jack Cheese Scalloped Corn Spanish rice Black Bean Salad Whole Wheat Tortilla Pineapple Parfait w/Coconut		

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.

4 Types of Foods to Support Memory

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Published June 9, 2022

Reviewed June 2022

If you're feeling forgetful, it could be due to a lack of sleep or a number of other reasons, including genetics, level of physical activity and lifestyle and environmental factors. However, there's no doubt that diet also plays a role in brain health.

The best menu for supporting memory and brain function encourages good blood flow to the brain — much like what you'd eat to nourish and protect your heart. Research is finding the Mediterranean Diet may help keep aging brains sharp, and a growing body of evidence links foods such as those in the Mediterranean diet with better cognitive function, memory and alertness.

Strengthen Recall by Adding These Foods to the Rotation

Eat your veggies. You're not likely to forget this message. Getting adequate vegetables, especially cruciferous ones including broccoli, cabbage and dark leafy greens, may help improve memory. Try a kale salad or substitute collard greens for a tortilla in your next sandwich wrap. Broccoli stir-fry also is an excellent option for lunch or dinner.

Be sweet on berries and cherries. Berries — especially dark ones such as blackberries and blueberries, as well as cherries — are a source of anthocyanins and other flavonoids that may support memory function. Enjoy a handful of berries or pitted cherries for a snack, mixed into cereal or baked into an antioxidant-rich dessert. You can reap these benefits from fresh, frozen, or dried berries and cherries

Get adequate omega-3 fatty acids. Essential for good brain health, omega-3 fatty acids, docosahexaenoic acid, or DHA, in particular, may help improve memory. Seafood, algae, and fatty fish — including salmon, bluefin tuna, sardines, and herring — are some of the best sources of the omega-3 fatty acid, DHA. Substitute fish for other meats once or twice a week to get a healthy dose. Grill, bake or broil fish for ultimate flavor and nutrition. Try salmon tacos with red cabbage slaw, snack on sardines or enjoy seared tuna on salad greens for dinner. If you don't eat fish, discuss other food options or supplementation with your doctor or registered dietitian nutritionist. You can get DHA omega-3 fatty acids from fish oil, seaweed, or microalgae supplements.

Work in walnuts. Well known for a positive impact on heart health, walnuts also may improve cognitive function. Snack on a handful of walnuts to satisfy midday hunger, add them to oatmeal or a salad for crunch or mix them into a vegetable stir-fry for extra protein.

While there's no guarantee that these foods will help you remember where you put your keys tomorrow, over time they can support lifelong good health.

Marisa Moore, MBA, RDN, LD, is an Atlanta-based registered dietitian nutritionist.