

VERDE VALLEY SENIOR CENTER DINING ROOM MENU

February, 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 BREAD OR STARCH ITEM AND BUTTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) Chili Dog w/Cheese & Onions Sweet Potato Casserole 5-Way Mixed Veg Kidney Bean Salad w/Celery, Red Onions & Eggs Whole Wheat Bun Fruit Cocktail	4) BBQ Chicken Wings over Brown Rice Baked Beans w/Diced Onions Chuck Wagon Corn (Corn w/Red Peppers) Macaroni Salad w/Celery, Onion & Egg Apricots w/Pudding	5) Beef Lasagna w/Ricotta, Mozzarella and Meaty Marinara Baby Carrots w/Parsley & Butter Steamed Broccoli Caesar Salad w/Crouton & Cheese Applesauce	6) Tuna Casserole w/Peas, Carrots, Egg Noodles & Cheese Capri Blend Veg Garden Tossed Salad Pineapple Chunks	7) Creamy Spinach Chicken Casserole w/Cream Cheese Steamed Cauliflower Hot Apple Crisp Sliced Pickled Beets
10) Chicken Fajitas w/Peppers & Onions Seasoned Refried Beans w/Cheese & Onion Spanish Rice Tossed Garden Greens Flour Tortillas Sliced Peaches	11) Pork Stew w/Potatoes, Carrots, Celery & Onion Seasoned Cabbage Green Peas Sliced Pears	12) Homemade Meatloaf w/Gravy Baked Potato w/Broccoli & Cheese Sauce French Style Green Beans Apricot Halves	13) Linguine Alfredo w/Salmon Corn Niblets w/Diced Bell Peppers Steamed Spinach Fruit Cocktail	14) Valentine's Day! "Smoochie" Chicken w/Sherried Mushroom Sauce "Perky" Mashed Potatoes w/Beets "Baby Doll" Carrots w/Butter & Parsley "Hot" Wheat Rolls "Send Me" Peaches w/Strawberries "Sweet Dreams" Cheesecake
17) CLOSED Presidents' Day! 	18) Tuna/Potato Patties w/Lemon Dill Sauce 3-Cheese Mac 'n' Cheese w/Broccoli Tropical Fruit	19) Pork Posole w/Hominy, Onions, Garlic & Cilantro Seas. Pinto Beans Baked Red Potato w/Butter & Herbs Toppings: Cilantro, Green Onion, Radish & Shredded Cabbage Tortilla Chips Pineapple/Mandarins	20) Beef Stuffed Cabbage Roll Casserole w/Tomatoes & Rice Stewed Tomatoes Steamed Cauliflower Pears w/Blueberries	21) Happy Birthday! Chef's Salad w/Cheese, Onion, Cucumbers, Tomatoes, Carrots, Ham, Turkey & Egg Macaroni Salad w/Celery, Onion, Relish, Mayo & Mustard Fresh Banana
24) Italian Meatball Sub w/Shredded Mozzarella Italian Blend Veg Roasted Zucchini Green Pea and Cheddar Salad w/Diced Red Onion Applesauce	25) Asian Orange Chicken over Brown Rice Stir Fry Veggies Sauteed Cabbage Peach Halves Tapioca	26) Swiss Steak w/Celery, Stewed Tomatoes & Peppers Boiled Red Potatoes Seasoned Green Beans Jello w/Berries	27) Cauliflower, Ham & Potato Creamy Casserole 5-Way Mixed Veg Steamed Broccoli Carrot/Craisin Salad Sliced Pears	28) Green Chili Pork Carnitas w/Melted Cheese Spanish Rice Refried Beans Cabbage Salad Flour Tortilla Pineapple Fluff
Happy Valentine's Day! 	February is American Heart Month! 	February's Birthstone is Amethyst! 	February 2nd is Ground Hog Day! 	February 17th is President's Day! It became a national holiday in 1968 to celebrate all presidents!

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.

Healthy Eating for a Happy Heart

Stress happens. You can't always prevent or avoid it. But you can change how you react to it, and choosing a heart-healthy foods help. When stress hits hard, many of us eat more, and less-than-healthy comfort foods may be the treats we reach for first. But an unhealthy response to stress can be hard on your body, especially your heart. That's why it's smart to try to eat more foods that nourish. It'll make your heart happier, and maybe trim your waistline, too.

Don't know where to start? Let the National Heart, Lung, and Blood Institute (NHLBI) help.

"We have many recipes for healthy and really tasty dishes, plus an award-winning eating plan called Dietary Approaches to Stop Hypertension, or DASH for short," said Charlotte Pratt, Ph.D., M.S., R.D., a nutrition expert at NHLBI. For years, the [DASH eating plan](#) has ranked among the U.S. News & World Reports' best diets for healthy living and heart health. It's secret, said Pratt: "Eating nutrient-dense foods and meals that are lower in sodium and saturated fat, rich in fruits, vegetables, low-fat dairy, and legumes."

Some of the recipes NHLBI has developed to support the plan feature healthy versions of comfort foods, such as oven-baked french fries, chicken chili stew, and sweet potato custard. The recipes are easy to make and family-friendly. They include traditional African American, American Indian/Alaska Native, Vietnamese, Hispanic/Latino, and Filipino dishes. You can find these recipes, along with tips about safe cooking, what to stock in your kitchen, and food shopping at healthyeating.nhlbi.nih.gov.

"The DASH eating plan is scientifically proven to lower your blood pressure and cholesterol levels," said Pratt. And NHLBI research shows that increasing your physical activity and watching your calories while following DASH will also help you lose weight.

DASH requires no special foods, and it helps you set daily and weekly nutritional goals using these simple guides:

- Eat vegetables, fruits and whole grains,
- Include fat-free or low-fat dairy products, fish, poultry, beans, nuts and vegetable oils,
- Limit foods that are high in saturated fat, such as fatty meats, full-fat dairy foods and tropical oils such as coconut, palm kernel and palm oils; and
- Limit sugar sweetened drinks and desserts.

To make it easier to follow DASH for life, these tips can help:

- **Change gradually.** Add one more serving of vegetables a day. Read nutrition labels to choose the food lowest in saturated fat, sodium or salt and added sugar.
- **Vary foods high in proteins.** Try a mix of lean cuts of meat. Remove the skin from chicken. Eat fish once or twice a week. Eat two or more meals without meat each week.
- **Select healthy, tasty snacks.** Have a piece of fruit, a few unsalted snacks such as rice cakes, fat-free or low-fat yogurt or raw vegetables with a low-fat dip.
- **Find substitutes.** Try whole-wheat bread or brown rice instead of white bread or white rice. Try beans or seeds such as flax or sunflower seeds, if you're allergic to nuts.
- **Follow the [U.S. Dietary Guidelines](#) recommendations.**

Combining healthy eating habits with other self-care activities can help you reduce stress and take care of your heart. Top of the list: move more throughout the day, get 7 to 9 hours of sleep, and try relaxation exercises such as meditation or yoga. If you smoke, try quitting, and develop a strong social support system to help keep you motivated. Learn more about DASH, heart health, and more at www.nhlbi.nih.gov.