

VERDE VALLEY SENIOR CENTER DINING ROOM MENU

January, 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
<p>January 27th – Int. Holocaust Remembrance Day</p> 	<p>January 25th – Robert Burns Day</p>  <p>National Poet of Scotland</p>	<p>1) Happy New Year!</p>  <p>Welcome 2025!</p>	<p>2) German Sausage Hot German Potato Salad Pickled Red Cabbage 3-Bean Salad Fresh Banana</p>	<p>3) Cheese Tortellini in Alfredo Sauce Steamed Seasoned Spinach Whole Baby Carrots w/Parsley Butter Bread Pudding Fruit Cocktail</p>
<p>6) Spaghetti w/Meaty Marinara California Blend Vegetable Tossed Green Salad w/Peppers Applesauce</p>	<p>7) Sweet 'n' Sour Pork w/Pineapple & Peppers Oriental Blend Veg. Vegetable Egg Roll Cabbage Salad w/Mandarins Fruit Cocktail</p>	<p>8) Ham & White Bean Soup w/Grated Fresh Carrots Green Peas w/Pearl Onions Tomato, Cucumber & Red Onion Salad w/Italian Dressing Sliced Pears</p>	<p>9) Open Face Turkey Sandwich w/Gravy Scalloped Potatoes Cut Green Beans w/Diced Carrots Sliced Peaches</p>	<p>10) All American, Handmade Cheeseburgers Sweet Potato Fries Steamed Broccoli Sliced Tomato, Onion & Sliced Pickle Chips Whole Wheat Bun Vanilla Pudding w/Apricots</p>
<p>13) Curried Chicken over Brown Rice Sautéed Oriental Blend w/Cabbage Pineapple Chunks w/Mandarins</p>	<p>14) Homemade Salisbury Steak w/Mushroom Gravy Whole Red Potatoes w/Parsley & Butter 5-Way Mixed Veg. Sliced Pickled Beets Fresh Banana</p>	<p>15) Best Darn Pork Roast Brussels Sprouts Herb Roasted Potatoes Applesauce</p>	<p>16) Lemon Herb Tilapia over Buttered Garlic Pasta Steamed Broccoli Cauliflower Carrot/Craisin Salad Fresh Cantaloupe w/ Salad</p>	<p>17) <u>Birthday Celebration!</u> Chicken Breast over Sage Stuffing w/Drizzle of Gravy Roasted Carrots Green Peas in Creamy White Sauce Tropical Fruit Chunks Birthday Cake!</p>
<p>20) Sweet Italian Sausage w/Sautéed Peppers & Onions Italian Stewed Tomatoes Steamed Spinach Green Garden Salad Fruit Cocktail</p>	<p>21) Breaded Chicken Patty w/Sausage Gravy Creamy Mashed Potatoes Seasoned French Style Green Beans Sliced Pears</p>	<p>22) Fettucine Alfredo w/Salmon Herb Roasted Zucchini Baked Sweet Potato Spinach Salad w/Mandarins, Red Onion, Croutons & Poppyseed Dressing Vanilla Pudding</p>	<p>23) Vegetable Pizza w/Green Bell Pepper, Mushrooms & Red Onion Garlic Parmesan Chicken Wings Pasta Salad w/Red Bell Pepper, Olives, Cucumber, Tomato & Italian Dressing Tropical Fruit</p>	<p>24) <u>Robert Burns Day Scottish Poet & Lyricist</u> Scottish Cottage Pie w/Mashed Potatoes, Corn, Carrots, Celery, Peas & Onions Brussels Sprouts Peach Halves</p>
<p>27) International Holocaust Remembrance Day Homemade Veggie Burger Curry Roasted Sweet Potatoes Ambrosia Fruit Salad</p>	<p>28) Swedish Meatballs w/Mushroom Sauce over Egg Noodles Steamed, Buttered Cabbage California Blend Veg Sliced Peaches</p>	<p>29) Green Chili Chicken Enchilada Casserole Seasoned Pinto Beans w/Diced Onion Spanish Rice Sliced Pickled Beets Salsa Pineapple Chunks</p>	<p>30) Ham/Scalloped Potatoes w/Succotash, Diced Green Bell Peppers Squash Medley Carrot Medallions Fresh Banana</p>	<p>31) Oven Fried Chicken w/Gravy Mashed Potatoes Corn Nibbles Broccoli Salad w/Bacon, Shredded Cheese, Red Onion Cornbread Fresh Pears</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.

Prepare for Winter Weather

During extremely cold weather and winter storms, staying warm and safe can be a challenge. Winter storms can bring cold temperatures, power failures, loss of communication services and icy roads. To keep yourself and your loved ones safe, you should know how to prepare your home and your car before a winter storm hits.

Weatherproof your home.

- Insulate any water lines that run along the exterior walls so your water supply will be less likely to freeze.
- Caulk and weather-strip doors and windows.
- Insulate walls and attic.
- Repair roof leaks and cut away tree branches that could fall on your home or other structure during a storm.

Have your chimney or flue inspected each year.

- If you plan to use a fireplace or wood stove for emergency heating, have your chimney or flue inspected each year. Ask your local fire department to recommend an inspector or find one online.

Install a smoke detector and a battery-operated carbon monoxide detector.

- If you'll be using a fireplace, wood stove, or kerosene heater, install a smoke detector and a battery-operated carbon monoxide detector near the area to be heated. Test them regularly and replace batteries twice a year.
- Keep a multi-purpose, dry-chemical fire extinguisher nearby.
- All fuel-burning equipment should be vented to the outside.
- Each winter season have your furnace system and vent checked by a qualified technician to ensure they are functioning properly.

For older adults, keep an easy-to-read thermometer inside your home.

- If you or a loved one are over 65 years old, place an easy-to-read thermometer in an indoor location where you will see it frequently. Our ability to feel a change in temperature decreases with age. Older adults are more susceptible to health problems caused by cold. Check the temperature of your home often during the winter months.

Make sure your car is ready for winter weather.

- Have the radiator system serviced or check the antifreeze level yourself with an antifreeze tester. Add antifreeze as needed.
- Replace windshield-wiper fluid with a wintertime mixture.
- Make sure the tires on your car have adequate tread and air pressure. Replace any worn tires and fill low tires with proper pressure recommended (between 30-35 psi).
- Keep gas tank full to help avoid ice in tank and fuel lines.
- Keep your car in good working order.

Create an emergency kit.

- Cell phone, portable charger, and extra batteries
- Items to stay warm such as extra hats, coats, mittens and blankets.
- Windshield scraper.
- Shovel
- Battery-powered radio with extra batteries.
- Flashlight with extra batteries.
- First aid kit
- Water and snack food

For more information, please visit: <https://www.cdc.gov/winter-weather/safety/index.html>