

VERDE VALLEY SENIOR CENTER DINING ROOM MENU

July, 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
<p>1)Homemade Salisbury Steak w/Mushroom Gravy Au Gratin Potatoes Seasoned Green Peas & Carrots Pickled Beets Sliced Pears</p>	<p>2) Sweet 'n' Sour Chicken w/Peppers, Onions & Pineapple over Brown Rice Oriental Blend Veg Steamed Buttered Cabbage Apricot Halves</p>	<p>3)BBQ Pork Ribs Tater Tot Casserole w/Onions & Cheese White Corn Nibbles Creamy Coleslaw Sweet Apple Pie</p>	<p>4) CLOSED HAPPY 4th of JULY!</p> 	<p>5)Build Your Own Taco Bar w/Ground Beef, Cheese & Onions Seasoned Pinto Beans Spanish Rice w/ Corn, Black Beans & Tomatoes Taco Fixings Tropical Fruit Salsa Chocolate Pudding</p>
<p>8)Salmon Patties w/White Parsley Sauce on a Bed of Fettuccine Mixed Vegetables Steamed Zucchini Apricot halves Tapioca Pudding</p>	<p>9) All Beef Chili Cheese Dog Sweet Potato Fries Steamed Corn w/Carrot Medallions Hot Dog Fixings Applesauce</p>	<p>10)Veggie Pizza w/Cheese, Mushrooms, Bell Peppers & Red Onions Broccoli Au Gratin Cauliflower Cantaloupe w/Mint</p>	<p>11) Ground Beef Stuffed Cabbage Rolls w/Onions, Rice & Diced Tomatoes on a Bed of Crushed Tomatoes Cut Green Wax Beans w/Ham & Potatoes Cornbread Pineapple Chunks</p>	<p>12)BBQ Chicken Wings 3 Cheese Mac 'n' Cheese Seasoned Mixed Greens w/Bacon & Onion Potato Salad w/Eggs, Onions & Pickles Fruited Jello</p>
<p>15)Chicken Patty w/Sausage Gravy Boiled Red Potatoes Green Peas 4 Bean Salad Apricot Halves</p>	<p>16) Cheese Tortellini in a Marinara Sauce California Blend Veg Sauteed Spinach Romaine Tossed Salad Sliced Pears</p>	<p>17)Chicken Cordon Bleu Bake w/Cheese & Ham Cut Green Beans w/Diced Onion Cauliflower Carrot/Craisin Salad Fruited Jello</p>	<p>18) Homemade Meatloaf w/Gravy Baked Potato Steamed Broccoli Caesar Salad Sliced Peaches</p>	<p>19)July Birthday Celebration! Baked Lemon Pepper Tilapia w/Brown Rice Squash Medley Mac 'n' Cheese Pineapple Chunks Birthday Cake</p>
<p>22)Kielbasa w/Tomatoes & White Beans Brussels Sprouts Sauerkraut Fried Potatoes w/Peppers Spinach Salad w/Mandarins, Red Onions, Croutons & Dressing</p>	<p>23) Homemade Grilled Patty Melt w/Cheese & Caramelized Onions on Sourdough Bread Sweet Potato Fries Ranch Style Beans Tossed Green Salad Fresh Banana</p>	<p>24)Oven Fried Chicken w/Gravy Fluffy Mashed Potatoes w/Butter & Chives Green Peas & Carrots Kidney Bean Salad w/Eggs, Celery & Red Onions Cherry Jello w/Mixed Berries</p>	<p>25) Swedish Meatballs over Egg Noodles California Blend Veg Roasted Zucchini Coleslaw Sliced Peaches</p>	<p>26)Baked Ham Slice w/Blueberry Glaze over Stuffing Sweet Potato Casserole Creamed Onions w/Parsley Broccoli Salad w/Craisins, Red Onion & Walnuts Pineapple Chunks Chocolate Pudding</p>
<p>29)Hungarian Pork Goulash w/Elbow Macaroni Roasted Brown Sugar Carrots Steamed Broccoli Spinach & Romaine Tossed Salad Pineapple & Mandarins</p>	<p>30) Spaghetti w/Meaty Marinara Sauce Summer Squash Spinach, Tomato, Cucumber & Onion Salad Garlic Bread Pears w/Blueberries</p>	<p>31)Spinach Chicken Casserole w/Cream Cheese & Mozzarella Cheesy Broccoli Rice Harvard Beets Sliced Peaches Fresh Banana Oatmeal/Chocolate Chip Cookie</p>	<p>July flowers are Larkspur and Water Lily!</p> 	<p>As of July 4th, 2024, the U.S.A. is now 248 years old!</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.

How to Stay Hydrated For Better Health

Water is essential to almost all bodily functions, from lubricating our joints to pumping blood to our heart. Staying hydrated is a key part of maintaining good health. That's why the advice to "drink 8 glasses a day" has become a familiar mantra on morning talk shows and in magazines.

What is the meaning of being "hydrated"? Being hydrated simply means that your body has enough fluids to function properly. According to the American Heart Association, the amount of water each person needs can vary. A quick way to tell if you're drinking enough is to check the color of your urine. If it's pale in color and clear, you are likely well-hydrated. If it's dark-colored with amber or brown tones, you may be dehydrated.

What is dehydration?

Dehydration is a potentially serious condition that can occur when you don't consume enough fluids for your body's needs. This can lead to health complications ranging from mild to life-threatening, such as urinary tract infections (UTIs), heat stroke, heart problems, kidney failure, and blood clot complications. Since dehydration affects the health of your cells, it can also lower your body's ability to ward off infections and heal from injury or illness.

Seniors are more vulnerable to dehydration for a number of reasons:

- Appetite and thirst tend to diminish with age. This means that even when your body is craving fluids, you might not be aware of it – and you may drink less than you need to stay healthy.
- Older adults experience body composition changes over time that leave them with less water in their bodies to start with.
- Seniors are more likely to take medications that increase dehydration risk.

Additionally – according to a recent study – older adults' bodies don't regulate temperature as efficiently as those of younger people. This means that during exercise or activity, seniors are more likely to become dehydrated through sweating.

How to stay hydrated every day:

- Choose foods with high water content – If you have trouble drinking fluids, include water-rich foods with every meal. These includes cucumbers, watermelon, lettuce, strawberries, tomatoes and celery.
- Keep water with you, always. – Carry a refillable water bottle with you wherever you go, or keep a lightweight water pitcher and cup near your favorite chair at home.
- Avoid or reduce your alcohol intake – alcohol is a diuretic and prompts your body to remove fluids from your bloodstream.
- Change it up – Drinking plain water can be boring! Add slices of fresh lemon, apple, cucumber or berries. Coffee and tea can have a slight dehydrating effect, so they should not be counted toward fluid intake.
- Build hydration into your routine – make it a point to drink water at certain times each day. For example, consume a glass of water when you wake up in the morning, after every meal, and before or after an exercise activity.

For more information, visit <https://www.ncoa.org/article/how-to-stay-hydrated-for-better-health>