

May 2026 Dining Room Menu

500 E. Cherry Street, Cottonwood

www.verdevalleyseiorcenter.org

Phone: (928) 634-5450

Dining Room: 60+ Senior Subsidized Meal Contribution \$6.00. Under 60 Non-subsidized Meal \$10.00.

TO-GO MEALS: Fresh or Frozen \$10.00 each (Includes Sides) *Holiday Meal-price subject to change

Luncheon Served 12 p.m. to 1 p.m. Monday through Friday. _Reservations Preferred 24 hours in advance.

MENU SUBJECT TO CHANGE WITHOUT NOTICE! ALL MEALS SERVED WITH 2% MILK, BREAD OR STARCH ITEM, AND BUTTER!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1) Corned Beef Hash w/ Scrambled Eggs Homestyle Potatoes Garden Salad w/ Carrots Pineapple
4) Spaghetti Bolognese Italian Vegetables Roasted Broccoli Sliced Peaches	5) Baked Ziti w/ Italian Vegetables Roasted Carrots Italian Loaded Potato Sliced Apricots	6) Chicken Bacon Ranch Sandwich w/ Swiss on Bun Lettuce/Tomato/Onion Sweet Potato Fries Cucumber Salad Banana Pudding	7) Green Chili Bacon Cheddar Cheeseburger on Sourdough w/ Tomatoes Coleslaw w/ Carrots Mandarins w/ Craisins	8) Mother's Day! Chicken Scampi over Angel Hair Pasta Haricot Verts Green Bean Medley w/ Parmesan Romaine Wedge Salad Berry Macedonia Tiramisu
11) Chicken-Fried Steak w/ Gravy Mashed Potatoes 5-Way Veggies Vanilla Pudding w/ Blueberries	12) Tijuana Dog on Bun Green Bean Salad Fiesta Corn Salad Pineapple Salad	13) Split-Pea Soup w/ Ham & Carrots Yukon Gold Potatoes Cornbread Muffin Fresh Orange	14) Swedish Beef Pasta w/ Peas, Mushrooms & Carrots over Egg Noodles Sauteed Cabbage Cranberry Sauce	15) Chicken Enchilada Casserole Refried Beans Mexican Squash Romaine & Kale Salad Tropical Fruit
18) Classic Meatloaf w/ Mushroom Gravy Roasted Red Potatoes w/ Carrots Sauteed Green Beans Pineapple w/ Mixed Berries	19) Chicken Arrabbiata Primavera w/ Linguine Roasted California Veg Apricots	20) Pork Ragu over Ravioli w/Onions, Celery & Carrots Steamed Spinach Rice Pudding Peaches	21) Chicken Fajitas w/ Peppers, Onions & Flour Tortilla Black Bean Corn Salsa Cucumber Salad Pears w/ Berries	22) BBQ Ribs Corn Mashed Sweet Potatoes Fresh Watermelon
25) Closed ~ Memorial Day!	26) Stuffed Cabbage w/ Beef, Onions & Tomatoes Hutspot Mashed Potatoes Mandarins w/ Craisins	27) Chicken Parmigiana Casserole Roasted Carrots Brussels Sprouts Bread Pudding w/ Apples & Craisins	28) Cubano Pork Sandwich on Baguette Sweet Potato Fries Roasted Red Pepper Hummus Mangos	29) Blackened Catfish over Brown Rice Rainbow Beets Coleslaw w/ Carrots Peaches w/ Strawberries

Eat Real Food

New Dietary Guidelines at a Glance

We must prioritize diets built on whole, nutrient-dense foods—protein, dairy, vegetables, fruits, healthy fats, and whole grains. Paired with a dramatic reduction in highly processed foods laden with refined carbohydrates, added sugars, excess sodium, unhealthy fats, and chemical additives.

Vegetables: 3 or more servings a day. Eat a variety of vegetables, such as leafy greens, broccoli, carrots, peppers or cabbage, and whole fruit.

Fruit: 2 servings a day

Frozen, dried, or canned with no or very limited added sugars

Choose one to three servings of milk, cottage cheese, cheese, or yogurt every day; non-dairy alternatives such as soy, rice, or almond milk are fine. A serving is 8 oz. Choose yogurt with less than 2.5 grams of sugar per serving.

Recommendation:

1.2-1.6 g/kg of body weight

From sources such as fish, skinless poultry, leaner meat, beans, lentils, nuts, tofu, and cheese; avoid processed meats such as cold cuts and bacon.



Incorporate more healthy fats such as eggs, omega-3-rich seafood, nuts, seeds, dairy, olives, and avocados. Prioritize oil with essential fatty acids like olive oil, butter, or beef tallow.

Drink mostly water. Avoid sugary or dyed drinks.

Recommendation: 2-4 servings per day. Prioritize fiber-rich whole grains, such as brown rice, whole-wheat pasta, barley, quinoa, oats or whole-wheat bread. Limit refined carbohydrates like white bread, white rice, flour tortillas, and crackers.

Protein Sources

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| • Cottage cheese - 14g | • Egg - 6g |
| • Greek yogurt - 12-18g | • Hummus (¼ cup) - 5g |
| • Lentils (½ cup) - 9g | • Yogurt - 5g |
| • Beans (½ cup) - 8g | • Nuts - 4-6g |
| • Quinoa (½ cup) - 8g | • Tofu - 3g |
| • Milk - 8g | • Whole grain bread - 3g |
| • Meat - 7g/oz | • Whole grain pasta/rice - 3g |
| • Peanut butter - 7g | |
| • Cheese - 7g/oz | |

Healthy Snack Ideas

- 1 cup Greek yogurt + ½ cup blueberries
- ¼ cup (small handful) of unsalted nuts
- ¼ cup hummus + vegetables (carrots, bell peppers, or sugar snap peas)
- ½ whole wheat bagel + 2 Tablespoons natural nut butter