

VERDE VALLEY SENIOR CENTER DINING ROOM MENU

September 2023

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 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

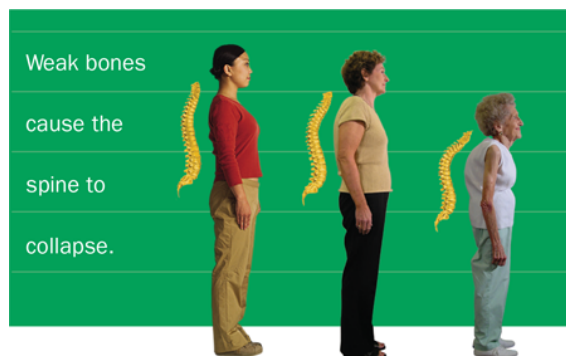
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>In addition to Labor Day, September is a month of remembrance for many people. It's a time to honor and remember those who have made sacrifices for their country, their community, or their loved ones. Some of the observances during this month include Patriot Day on September 11th, POW/MIA Recognition Day on September 18th, and Gold Star Mother's Day on the last Sunday in September, which honors the mothers who have lost a child in military service.</p> <p style="text-align: center; font-size: 1.2em;"><i>Thank you!</i></p>				<p>1)Breaded Pollock over Brown Rice Steamed Broccoli Mixed Vegetables Whole Wheat Bread Fresh Fruit Tapioca Pudding</p>
<p>4)CLOSED</p> 	<p>5)Spaghetti w/Meat Sauce Steamed Spinach Tossed Green Salad Whole Wheat Garlic Bread Applesauce</p>	<p>6)Cheeseburger w/Green Chilis and White Cheese Chipped Potatoes w/Peppers and Onions Baked Beans Whole Wheat Bun Pineapple Chunks</p>	<p>7)Papa Murphy's Pizza Tossed Garden Salad Peaches</p>	<p>8)Roasted Pork Loin over Stuffing w/Gravy Green Peas Mashed Potatoes 3 Bean Salad Whole Wheat Bread Pears</p>
<p>11)All Beef Hot Dog Sweet Potato Fries Baked Beans Whole Wheat Bun Fresh Banana</p>	<p>12)Täter Tot Casserole w/Chicken, Mushrooms, Cheese & Onions Mexicali Corn Steamed Broccoli Whole Wheat Bread Fruit Cocktail</p>	<p>13)Meatloaf w/Brown Gravy Mashed Potatoes Carrot Medallions Broccoli/Craisin Salad Whole Wheat Bread Peaches</p>	<p>14)Ham, Cheese and Cauliflower Bake Baked Yam Seasoned Pinto Beans Whole Wheat Bread Fresh Apple</p>	<p>15)Turkey, Bacon & Cheese Sliders (Cold) Strawberry, Pineapple, Cabbage Slaw Whole Wheat Slider Bun Pineapple, Mandarin, Banana Fruit Salad Vanilla Pudding</p>
<p>18)Swedish Meatballs w/Mushrooms over Egg Noodles Green Peas w/Baby Carrots Hot Peach Crisp Whole Wheat Bread</p>	<p>19)Green Chili Chicken Enchilada Casserole Refried Beans w/Cheese & Diced Onion Spanish Rice w/Tomatoes Whole Wheat Bread Tapioca w/Apricot Halve</p>	<p>20)Apple French Toast Casserole w/Cream Cheese Sausage Patties Home Fries w/Peppers and Onions Whole Wheat Bread Fruit Cocktail</p>	<p>21)Homemade Pork Fritters w/Onion Gravy Mashed Potatoes Mixed Veggies w/Lima Beans Whole Wheat Bread Peaches w/Strawberries</p>	<p>22)Baked Ziti w/Mozzarella and Meat Sauce Italian Blend Vegetable Hot Fruit Compote Spinach/Romaine Tossed Salad Whole Wheat Bread</p>
<p>25)Meatball Sub w/Mozzarella Steamed Broccoli Squash Medley Whole Wheat Hoagie Roll Pineapple Chunks</p>	<p>26)Sweet 'n' Sour Pork w/Pineapple, Peppers and Onions over Brown Rice Green Beans Sauteed Cabbage</p>	<p>27)Herb Roasted Chicken Breast over Butter, Parmesan & Parsley Orzo Whole Baby Carrots Brussels Sprouts Kidney Bean Salad w/Eggs, Red Onion & Celery Whole Wheat Bread Tropical Fruit</p>	<p>28)Shepard's Pie w/Gravy, Ketchup, Peas, Diced Carrots & Mashed Potatoes French Style Green Beans w/Mushrooms Whole Wheat Bread Apricot Halves</p>	<p>29)Salmon/Potato Patty Scalloped Corn Steamed Spinach Whole Wheat Bread Sliced Banana in Chocolate Pudding</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.

September Is Healthy Aging® Month

As people age, they may experience conditions and diseases of the bones, joints, muscles, and skin. Healthy Aging® Month is an opportunity to learn about these and other conditions, and share resources and information with your patients and community members. NIAMS offers more than [40 Health Topics](#) with information related to symptoms, treatment, and tips for daily living.

Why Healthy Bones Are Important to You



Strong bones support us and allow us to move. They protect our heart, lungs, and brain from injury. Our bones are also a storehouse for vital minerals we need to live. Weak bones break easily, causing terrible pain. You might lose your ability to stand or walk. And as bones weaken, you might lose height.

Silently and without warning, bones may begin to weaken early in life if you do not have a healthy diet and the right kinds of physical activity. Many people already have weak bones and don't know it.

Others are making choices that will weaken their bones later.

There are several kinds of bone disease. The most common is osteoporosis. In this disease, bones lose minerals like calcium. They become fragile and break easily. With osteoporosis, your body's frame becomes like the frame of a house damaged by termites. Termites weaken your house like osteoporosis weakens your bones. If you have severe fractures from osteoporosis, you risk never walking again. Weak bones can break easily. This can be fatal.

Fragile bones are not painful at first. Unfortunately, most people don't realize they have weakened bones until one breaks. By that time, it is hard to make your bones strong again.

The good news is that you are never too old or too young to improve your bone health. There are many things you can do to keep bones strong and prevent fractures. At all ages, a diet with enough calcium and vitamin D, together with weight-bearing and resistance exercises, can help prevent problems later. You can work with your doctor to check out warning signs or risk factors. When you are older, you can have your bones tested and take medicine to strengthen them.

Don't Risk Your Bones

Many things weaken bones. Some are outside your control. If you have a family member who has bone problems, you could also be at risk. Some medical conditions can also make you prone to bone disease.

There are some things you can control:

- Get enough calcium and vitamin D in your diet at every age.
- Be physically active.
- Reduce hazards in your home that could increase your risk of falling and breaking bones.
- Talk with your doctor about medicines you are taking that could weaken bones, like medicine for thyroid problems or arthritis. Also talk about ways to take medicines that are safe for bones. Discuss ways to protect bones while treating other problems.
- Maintain a healthy weight. Being underweight raises the risk of fracture and bone loss.
- Don't smoke. Smoking can reduce bone mass and increase your risks for a broken bone.
- Limit alcohol use. Heavy alcohol use reduces bone mass and increases your risk for broken bones.

Fast Fact

Many types of physical activity can contribute to bone health, but most people are not active enough.