

VERDE VALLEY SENIOR CENTER MENU

March 2020

500 E. Cherry Street, Cottonwood

Luncheon Served at 12 Noon




Phone: (928) 634-5450

Age over 60 may qualify for a Partially Subsidized Meal if Registered –Your fair share Contribution is \$5.00;
Under Age 60 Meals are \$8.00 (No Exceptions)

Reservations Preferred 24 hours in advance.

We reserve the right to refuse service to anyone.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Chicken Patty w/ Country Gravy Mashed Potatoes Mixed Veggies Whole Wheat Bread Tossed Garden Greens Apricot Halves	3) Quarter Pounder w/Cheese on a Whole Wheat Bun Potatoes O'Brien w/Red & Green Peppers Three Bean Bake Salad Fixings Fruit Cocktail	4) Baked Ham Steak w/Brown Sugar Glaze Baked Sweet Potato Hot Pineapple Chunks Whole Wheat Bread Cabbage and Carrot Cole Slaw	5) Oven Fried Chicken w/Country Gravy Mashed Potatoes Mexicali Corn Biscuits Sliced Pears	6) Herb Crusted Fish Filet on Brown Rice Pilaf Steamed Broccoli Baby Carrots Whole Wheat Bread Pitted Plums Tapioca
9) Turkey Patty Melt on a Whole Wheat Bun Brussel Sprouts Sweet Potato Casserole Three Bean Salad Fresh banana	10) Cheese Stuffed Tortellini in Marinara Sauce Roast Zucchini Italian Blend Veggies Whole Wheat Bread Grape Salad Combo	11) Pork Chops w/Sweet Onion Gravy Scalloped Potatoes California Blend Veggies Whole Wheat Bread Apple Sauce Chocolate Chip/Oatmeal Cookies	12) Salisbury Steak w/Mushroom Gravy Boiled Red Potatoes Peas w/Diced Carrots Whole Wheat Bread Sliced Peaches Vanilla Pudding	13) Beef & Bean Burrito w/Green Chile Sauce & Salsa Refried Beans w/Cheese & Diced Onion Spanish Rice Shredded Lettuce & Tomato Salad Pineapple Chunks
16) Spaghetti & Meatballs Steamed Spinach Squash Medley Whole Wheat Bread Tossed Romaine Salad Apple Sauce	17) St. Patrick's Day Corned Beef & Cabbage Boiled Red Potatoes w/Butter & Parsley Carrots & Parsnips Irish Soda Bread Sliced Pears in Lime Jello	18) Southern Style Pork Stew w/Potatoes, Carrots, Onions & Celery Hot Apple Crisp Fresh Baked Whole Wheat Rolls Birthday Cake	19) Turkey & Rice Bake w/Mushrooms Seasoned Broccoli Stewed Tomatoes Whole Wheat Bread Cucumber Salad Sliced Peaches	20) Tuna Casserole w/Egg Noodles Succotash Cauliflower Au Gratin Whole Wheat Bread Carrot & Craisin Salad Apricot Halves
23) Classic Beef Goulash w/Macaroni Seasoned Green & Wax Beans Steamed Cabbage Whole Wheat bread Tossed Romaine Salad Sliced Pears	24) Chicken & Rice Stir Fry w/Broccoli Veggie Egg Rolls Oriental Blend Veggies Whole Wheat bread Fresh Melon Medley Chocolate Pudding	25) Old Fashioned Pork Roast w/Sage Stuffing Baked Potato Mixed Veggies Whole Wheat Roll Tropical Fruit Salad	26) Salmon & Potato Cakes w/Creamy Dill Sauce Green Peas w/Pearl Onions Roasted Cauliflower Whole Wheat bread Citrus Salad	27) Green Chili Chicken Casserole w/Cheese Pinto Beans w/Peppers Spanish Rice Cole Slaw Fresh Banana
30) Homemade Chili over All Beef Hot Dog Macaroni and Cheese Baby Carrots Tomato & Cucumber Salad Pitted Plums	31) Fettuccini Alfredo w/Chicken French Style Green Beans Stewed Tomatoes Whole Wheat Bread Broccoli Salad Fresh Orange	 <p style="font-style: italic;">Happy St. Patrick's Day</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 protect yourself from the Coronavirus and Viruses in General:

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick. Avoid unnecessary shopping trips where there are large crowds (movie theatres, malls, supermarkets, etc.)
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. WASH YOUR HANDS.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow the Center for Disease Control's recommendations for using a facemask.
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for [health workers](#) and [people who are taking care of someone in close settings](#) (at home or in a health care facility).
- Wash your hands often with soap and warm water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and warm water if hands are visibly dirty.

Should you develop flu-like symptoms, contact your Doctor and notify your NACOG Case Manager.

Your Survival Guide to Safe and Healthy Travel

Every year more and more Americans are traveling internationally — for vacation, business, and volunteerism, and to visit friends and family. Whatever your reason for traveling, the information on this page will help you to be [Proactive](#), [Prepared](#), and [Protected](#) when it comes to your health—and the health of others—while you are traveling.

BE PROACTIVE!

Take steps to anticipate any issues that could arise during your trip. The information in this section will help you plan for a safe and healthy trip.

- [Learn about your destination.](#)
- [See a doctor before you travel.](#)
- [Think about your health status.](#)
 - Are you too sick to travel? (Recent illnesses, injuries, or surgeries)
 - Do you have any special health needs? (Babies and small children, pregnant women, people with disabilities, people with weakened immune systems)

BE PREPARED! Practice preventive measures and good hygiene. Use precaution and avoid unnecessary travel to affected areas.

Best preventative measure- WASH YOUR HANDS FREQUENTLY!