

VERDE VALLEY SENIOR CENTER DINING ROOM MENU

October, 2024

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>October's Flowers are Marigold and Cosmo!</p> 	<p>1) Open Face Turkey Sandwich Mashed Potatoes w/Chives Green Beans w/Carrots Tossed Green Salad Peaches</p>	<p>2) Southwestern Cheeseburger w/Mild Green Chilis and Cheese Baked Yam Steamed Broccoli Peas & Cheddar Salad w/Red Onion Pineapple Tidbits</p>	<p>3) Ground Chicken Noodle Casserole w/Peppers, Baby Limas, Celery, Mushrooms & Spinach Green Peas Garden Green Salad Sliced Peaches</p>	<p>4) Bratwurst on a Bed of Pickled Red Cabbage Hot German Potato Salad Creamed Brussels Sprouts Applesauce Chocolate Pudding</p>
<p>7) Egg Salad on a Bed of Shredded Romaine w/ a Tomato Wedge Pasta Salad w/Diced Ham, Bell Peppers, Red Onion, Olives, Celery, Lightly Tossed in Italian Dressing Sliced Pickled Beets Pears w/Blueberries</p>	<p>8) Veggie Pizza w/Red Onion, Broccoli, Mushrooms & Bell Peppers Roasted Fresh Zucchini Mild Buffalo Cauliflower Bites w/ Ranch Dipping Sauce Caesar Salad Tropical Fruit</p>	<p>9) Breaded Pollock on a Bed of Brown Rice Mexicali Corn w/Red Peppers Seasoned Cut Green Beans Apricot Halves Tapioca Pudding</p>	<p>10) Sliced BBQ Pork on a Bun Baked Yam Baked Beans w/Onions Creamy Coleslaw w/Shredded Carrots Pineapple Chunks</p>	<p>11) Creamy Tuscan Chicken w/Tomatoes & Fresh Spinach Whole Baby Carrots w/Parsley & Butter Roasted Zucchini Tossed Green Salad Fresh Banana Bread Pudding w/Rum Sauce & Whipped Cream</p>
<p>14) Tuna Casserole w/Onions, Noodles, Peas & Carrots Squash Medley Cauliflower 3-Bean Salad Fresh Banana</p>	<p>15) Patty Melt w/White Cheese & Caramelized Onions Sweet Potato Fries California Blend Veg. Tossed Green Salad Sliced Peaches</p>	<p>16) Roasted Pork Loin over Stuffing w/Gravy Herb Roasted Potatoes Green Peas Mandarin, Pineapple, Banana Salad</p>	<p>17) Cheese Tortellini w/Marinara Steamed Spinach Carrot Medallions w/Parsley & Butter Broccoli Salad Applesauce</p>	<p>18) Sweet 'n' Sour Chicken w/Peppers, Onions, Snap Peas & Carrots over Brown Rice Oriental Blend Veg. Pineapple Chunks Birthday Cake</p>
<p>21) Pineapple Glazed Ham over Stuffing Succotash Sweet Potato Casserole Spinach/Romaine Tossed Salad Pineapple Chunks w/Mandarins</p>	<p>22) Mild Italian Sausage w/Peppers & Onions Stewed Tomatoes Broccoli Sliced Peaches</p>	<p>23) Great Northern Bean & Ham Stew w/Grated Carrots Steamed Cabbage Seasoned Cut Green Beans Broccoli Pears Cornbread</p>	<p>24) Chicken Patty w/Sausage Gravy Peas & Carrots Scalloped Potatoes Cucumber, Tomato, Onion Salad Tropical Fruit</p>	<p>25) Homemade Meatloaf w/Mushroom Gravy Peas & Carrots Scalloped Potatoes Creamy Mashed Red Potatoes w/Chives Brussels Sprouts Apricots Vanilla Pudding</p>
<p>28) Tamale Pie Steamed Spinach Carrot Medallions Mexican Coleslaw w/Cilantro Honey-Lime Dressing Pears Chocolate Chip Cookies</p>	<p>29) Shredded Pork Soft Taco w/Cheese Lettuce, Tomatoes, Onions & Salsa Refried Beans Spanish Rice Sliced Peaches</p>	<p>30) Chicken Cordon Bleu Casserole w/Chicken, Ham & Mozzarella in Alfredo Sauce Capri Blend Veg. Applesauce</p>	<p>31) Eyeball Stew: Tortellini, Swiss Chard & Meatball Soup w/Panko <u>Bat Wings w/Mold:</u> Peas w/ Mushrooms <u>Toasted Tombstones:</u> Crostiti <u>Ghost Droppings:</u> Mandarin/ Marshmallow Ambrosia Graveyard Brownies</p>	<p>Happy Halloween!</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.

October is Breast Cancer Awareness Month



Breast Cancer Awareness Month, held in October every year, aims to promote screening and prevention of the disease. Other than skin cancer, breast cancer is the most common cancer among American women. For many women, mammograms are the best way to find breast cancer early, when it is easier to treat.

Symptoms:

Symptoms are not always present, but can include:

- Any change in the size or shape of the breast
- Pain in any area of the breast
- A new lump in the breast or underarm

Risk Factors:

Some main factors that affect your chances of getting breast cancer include:

- Being a woman
- Being older, most breast cancers are found in women who are 50 or older.
- Having changes in your BRCA1 or BRCA2 genes.

How to Lower Your Risk:

You can do things to help lower your risk!

- Keep a healthy weight and be physically active
- Choose not to drink alcohol, or drink alcohol in moderation.

Fast Facts:

- Each year in the U.S., about 270,000 women get breast cancer and 42,000 die from the disease.
- Men can also get breast cancer, but it is not very common. About 1 out of every 100 breast cancers diagnosed in the U.S. is found in a man.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women.

For More Information, please visit [CDC.gov](https://www.cdc.gov)

[https://www.cdc.gov/cancer/features/breast-](https://www.cdc.gov/cancer/features/breast-cancer.html?CDC_AAref_Val=https://www.cdc.gov/cancer/dcpc/resources/features/breastcancerawareness/index.htm)

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