



Formerly The Verde Valley Senior Center

March 2026 Dining Room Menu

500 E. Cherry Street, Cottonwood

www.verdevalleyseiniorcenter.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 |
|---|---|--|---|--|
| 2) Turkey Rueben w/ Sauerkraut, Swiss, 1000 Island & Rye Sweet Potato Fries Coleslaw w/ Carrots Tropical Fruit | 3) Homemade Hamburger Helper w/ Zucchini, Cauliflower & Tomato over Gemelli Pasta 5-Way Mixed Veg Fresh Cantaloupe | 4) BBQ Chicken Thighs Baked Potato White Corn w/ Bacon & Onion Bread Pudding w/ Pineapple | 5) Verde Chicken-Fried Steak Cauliflower Puree Roasted Carrots Apricots | 6) Tuna Salad on a Bed of Leafy Greens Pasta Salad w/ Peas, Carrots, broccoli & Celery Sliced Pears |
| 9) Bratwurst on Bun w/ Sauerkraut Colcannon Potatoes California Blend Veggies Fresh Banana | 10) Chop Steak w/ Mushrooms, Onions & Diane Sauce Duchess Potatoes Peas & Carrots Sliced Peaches | 11) Chicken, Spinach & Button Mushrooms Over Brown Rice Pilaf Broccoli & Carrots Spring Roll Milk Mochi w/ Strawberries | 12) Pizza Party! Parmesan Haricot Verts Green Beans Caesar Salad Mangos | 13) Pork Loin w/ Mushroom Gravy over Stuffing Roasted Red Potatoes Steamed Broccoli Carrot Salad Cranberry Sauce |
| 16) Chili Cheese Nachos w/ Tomatoes & Green Onions Fresh Guacamole Corn Salsa Mixed Fruits | 17) St. Patty's Day w/ Traditional Corned Beef Brisket! Steamed Cabbage Boiled Potatoes & Carrots Rainbow Fruit | 18) Chicken Bacon & Ranch Wrap w/ Lettuce, Tomato & Cheese in a Spinach Tortilla Cucumber Salad Chocolate Pudding w/ Strawberries | 19) Open-Faced Turkey Sandwich Creamy Mashed Potatoes Succotash Peaches & Cherries | 20) Baked Chicken w/ Mushroom Gravy Brussels Sprouts Honey-Glazed Carrots Birthday Cake Fresh Grapes |
| 23) Tuscan Chicken w/ Tomatoes & Spinach over Pasta Sauteed Broccoli & Carrots Vanilla Pudding w/ Apricots | 24) Classic Lasagna Steamed Spinach Italian Veggies Pears w/ Blueberries | 25) Pork Lo Mein Stir-Fry w/ Broccoli, Mushrooms & Oriental Veggies Veggie Roll Applesauce | 26) Chicken Cheesesteak Grinder w/ Tomato, Green Onion & White American Broccoli Salad Hummus & Chips Mandarins w/ Craisins | 27) Fish Tacos w/ Tomatoes, Cabbage w/ Carrots & Avocado Cilantro Lime Dressing Gallo Pinto (Rice & Beans) Fruit Cocktail |
| 30) Sausage & Fried Egg Breakfast Sammie w/ American on English Muffin Potatoes 'O Brien Vegetable Hash Blueberry Parfait | 31) Ham & Lentil Soup Roasted Carrots Roasted Cauliflower Waldorf Salad | | | |

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 activity. ***We reserve the right to refuse service to anyone.***

Healthy Eating Doesn't Equal Expensive

Eating healthy – lots of fruits and veggies, lean protein, whole grains – doesn't have to be more expensive. If you shop smart and plan ahead, you'll be surprised at how much goodness you can find without breaking the bank. The reality is, many of those ready-made, super-fast, prepackaged foods actually cost MORE than homemade foods. And they tend to have more calories, saturated fat, sodium and added sugars. There is POWER in taking charge of your health!

Planning ahead is the key to success

- Rotating Menu
 - Plan out one or two week cycle of healthy meals for breakfast, lunch and dinner. Go through cookbooks and search online for your favorite healthy recipes and map out your meal plan. Don't be afraid to try new things!
- Shop Smart!
 - Keep an eye out for specials and join store rewards programs. You'll be more aware of what's on sale and able to work it into your meal planning. Stock up on frozen and canned produce when it's on sale.
 - Using online grocery pickup/delivery or a grocery list while shopping will help you quickly grab the ingredients you need for your healthy meal plan. Consider buying store-brand products, which are often the same as more expensive brand-name ones.
 - Buy fresh fruits and vegetables when in season or on sale.
 - Skip the ready-made foods and individually-packaged snacks. The convenience may be tempting but it's usually healthier and cheaper to prepare these same foods at home.
- Homemade TV Dinners
 - Cook over the weekend and store pre-portioned meals in the fridge or freezer. Just thaw and reheat for hassle-free lunches and dinners.
- Vegetables and Fruits ready to go
 - Cut up fruits and vegetables and keep them handy in the fridge, or pre-pack individual servings for when you're on the go.
- Practices makes perfect.
 - Don't give up! Putting a new healthy routine in place doesn't happen overnight, so don't give up!
 - Make healthy changes one step at a time.

A great resource to help with meal planning: <https://spendsmart.extension.iastate.edu/>

Source: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/eat-healthy-on-a-budget-by-planning-ahead>