

August 2026 Dining Room Menu

500 E. Cherry Street, Cottonwood

www.vvscaz.org

Phone: (928) 634-5450

Dining Room: 60+ Senior Subsidized Meal Contribution \$7.00. Under 60 Non-subsidized Meal \$11.00.

TO-GO MEALS: Fresh or Frozen \$11.00 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
3) Pork Loin w/ Stuffing & Gravy Hutspot Mashed Potatoes Sauteed Cabbage Applesauce	4) Grilled Cheese Supreme w/ Tomato, Bacon & Green Chili Tomato Soup w/ Yellow Squash Fresh Salad Sliced Peaches	5) Italian Meatloaf w/ Spinach, Carrots, Marinara & Mozz Green Beans Baked Potato Baked Apple Crisp	6) Turkey Cottage Pie w/ Mashed Potatoes, Peas & Carrots Steamed Broccoli Fruit Cocktail	7) Breaded Pollock over Rice Squash Medley Honey-Glazed Carrots w/ Dill Vanilla Pudding w/ Apricots
10) Macaroni w/ Ham & Broccoli Roasted Cauliflower & Carrots Sliced Pears	11) Club Sandwich w/ Lettuce, Tomato & Cheese Potato Chips Cucumber Salad Fresh Cantaloupe	12) Chicken Picatta over Capellini Baby Carrots Brussels Sprouts Bread Pudding w/ Pineapple	13) Pork Stir-Fry w/ Oriental Veggies over Rice Spring Roll Cinnamon Apples	14) Bacon Cheeseburger w/ Lettuce, Tomato, Onion on Bun Baked Beans w/ Peppers & Onion Sweet Potato Fries Apple Cabbage Slaw
17) Classic Spaghetti w/ Meatballs California Blend Veg Garden Salad w/ Carrots Fresh Grapes	18) Santa Fe Chicken w/ Black Beans, Corn, Diced Tomatoes & Cheese over Rice Roasted Carrots Mandarins w/ Craisins	19) Country-Fried Steak & Eggs Stewed Tomatoes Dutch Potatoes 'O Brien Mixed Berry Parfait	20) Green Chili Chicken Enchiladas Refried Beans Spanish Rice w/ Carrots Pineapple	21) Chef Salad w/ Ham, Turkey, Tomato, Cucumber, Egg & Cheese Broccoli Salad Pears & Blueberries
24) Sliced Ham w/ Apricot Glaze Capri Blend Veggies Mashed Sweet Potatoes Fresh Orange	25) Pork Ragu w/ Onion, Celery, Carrots over Ravioli Steamed Spinach Tropical Fruit Sliced Peaches	26) Chicken w/ Sun-dried Tomato Alfredo over Pasta Roasted Carrots Italian Veggies Tapioca Pudding w/ Blueberries	27) Meatball Sub w/ Marinara & Cheese 3-Bean Bake Pasta Salad w/ Peas, Carrots, Celery & Onion Pina Colada Fruit Salad	28) Asian Chicken Salad w/ Lettuce, Cabbage, Almonds, Cucumber & Mandarins Carrot Salad Sliced Pears
31) Green Chili, Chicken & Rice Burrito Steamed Broccoli Cucumber Salad Fresh Watermelon	Interesting Information: • Zodiac Signs: Leo (July 23–August 22) and Virgo (August 23–September 22). • Birthstones: Peridot and Spinel. • Birth Flowers: Gladiolus and Poppy. • Major Observances: It is National Back to School Month and National Wellness Month.			



Importance of Staying Hydrated



Getting enough water every day is important for your health. Drinking water can prevent dehydration, a condition that can cause unclear thinking, result in mood change, cause your body to overheat, and lead to constipation and kidney stones.

What are some symptoms of dehydration in adults?

- Feeling very thirsty
- Dry mouth
- Urinating and sweating less than usual
- Dark-colored urine

Water also helps your body:

- Keep a normal temperature.
- Lubricate and cushion joints.
- Protect your spinal cord and other sensitive tissues.
- Get rid of wastes through urination, perspiration, and bowel movements.
- Manage body weight and reduce calorie intake when substituted for sugary drinks.

Tips to Drink More Water

- Carry a water bottle with you and always keep it refilled, never let it sit empty.
- Choose water over sugary drinks.
- Drink water during meals, even while eating out.
- Add berries or slices of lime, lemon, or cucumber or a splash of fruit juice to water or plain sparkling water to help improve the taste.
- Water just won't do? Drinks that contain important nutrients such as low fat milk; unsweetened, fortified milk alternatives; or 100% fruit or vegetable juice.
- Need coffee? Use low or fat free milk, an unsweetened milk alternative such as soy or almond, or get back to basics with black coffee.

Remember that you can be a role model for your friends and family by choosing water and other healthy, low-calorie beverages.