



Formerly The Verde Valley Senior Center

June 2026 Dining Room Menu

500 E. Cherry Street, Cottonwood

www.vvscaz.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 |
|---|--|---|---|--|
| 1) Little Mac™ Burger w/ Lettuce, Onion, Cheese, Pickle and Special Sauce on Bun Sweet Potato Fries Cucumber Salad Peaches & Cantaloupe | 2) Deconstructed Pork Egg Roll w/ Cabbage over Fried Rice w/ Peas & Carrots Constructed Veggie Roll Pineapple | 3) Salisbury Steak w/ Carrots Mashed Potatoes Green Beans Pears | 4) Savory French Toast Over Arugula & Spinach Topped w/ Bacon, Mushrooms & Cheese Cauliflower Apricots | 5) Teriyaki Chicken w/ Pineapple & Oriental Blend Veg Brown Rice Steamed Broccoli Milk Purin w/ Caramel |
| 8) Green Chili Pork Stew w/ Potatoes & Carrots Brussels Sprouts Cinnamon Apples | 9) Roasted Ricotta & Couscous Stuffed Peppers Tomato Bruschetta Spinach Salad Fresh Grapes | 10) Jamaican Jerk Chicken w/ Coconut Rice & Carrots Broccoli Mangos Haupia Pudding | 11) S.O.S. Beef Gravy w/ Peas & Carrots over Toast Sautéed Spinach Tropical Fruit | 12) Fish 'N Chips Hushpuppies Coleslaw w/ Carrots Garden Salad Fresh Cantaloupe |
| 15) Caprese Chicken w/ Peppers, Tomatoes and Parmesan Sauce Italian Veggies Sliced Peaches | 16) Philly Cheesesteak w/ Onions, Peppers & Swiss on Hoagie Roasted Broccoli Sliced Oranges | 17) Santa Fe Chicken Sandwich w/ Green Chili, American & Lettuce Southwestern Corn Tres Leches Cake w/ Strawberries | 18) Happy Father's Day! Dr. Pepper BBQ Chicken Crab Mac 'N' Cheese w/Asparagus Broccoli & Carrots Mixed Fruit | 19) <div style="text-align: center;">  CLOSED ~ JUNETEENTH <small>FREEDOM DAY</small> </div> |
| 22) Eggs Benedict Casserole w/ Broccoli & Hollandaise Sauce Dutch Potatoes 'O Brien Tapioca Blueberry Parfait | 23) Stuffed Squash w/ Sausage Sautéed Spinach & Mushrooms Apricots w/ Craisins | 24) Cheesy Beefy Mac w/ Carrots, Mushrooms, Onions & Broccoli Roasted Cauliflower Sliced Pears | 25) Oven-Fried Chicken Mashed Potatoes Roasted Baby Carrots House Salad Watermelon | 26) Crab Cakes Green Bean Medley Coleslaw w/ Carrots Pineapple Medley |
| 29) Parmesan-Crusted Chicken w/ Garlic-Parm Gemelli, Squash & Zucchini Mashed Sweet Potatoes Fruit Cocktail | 30) "BLTT" Roasted Turkey Sandwich w/ Bacon, Lettuce, Tomato & Italian Aioli California Blend Veg Peaches & Cream | Join us on June 10, 2026 to begin the NEW Healthy U Certificate Program! <div style="text-align: center;"> Healthy U Series Vision & Hearing Health 1PM-2PM Presented by Northern Arizona Home Health & Hospice New Topics the 2nd Wednesday of each month Join each session to receive a certificate of completion & graduation! </div> | | |

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.**

June is National PTSD Awareness Month, dedicated to raising understanding of Post-Traumatic Stress Disorder, its symptoms—such as flashbacks and anxiety—and available treatments, while reducing stigma. June 27 is specifically designated as PTSD Awareness Day, focusing on education, screening, and supporting veterans and civilians alike.

Key Aspects of PTSD Awareness Month

- Purpose: The month focuses on educating the public that PTSD is a treatable condition stemming from trauma (e.g., combat, accidents, abuse) rather than just a military-related issue.
- Significance: It was established to honor service members like Staff Sergeant Joe Biel, bringing attention to the high prevalence of PTSD in the military and general population.
- Awareness Goal: The goal is to encourage individuals to seek help, as many with PTSD do not receive the care they need.

Get Involved and Find Resources

- Self-Screening: June 27 is National PTSD Screening Day, encouraging people to take a self-screen test to check for symptoms.
- Resources: The [National Center for PTSD](#) offers tools, including brochures and public awareness materials, to help educate communities.
- Action Items: Individuals can raise awareness by using VA-provided social media graphics and engaging in community outreach.

If you or someone you know is struggling, resources are available through the VA Mental Health Department or by calling 988 for crisis support.

Father's Day (June 21)

Father's Day recognizes fathers, father figures, and caregivers of all kinds, while also creating space to reflect on the evolving nature of caregiving and family roles. Observed on the third Sunday in June in the U.S., the day can carry different meanings for people - including joy, grief, or complexity - depending on personal experiences. In workplace contexts, it's important to approach Father's Day with sensitivity and inclusivity, acknowledging chosen family, nontraditional caregiving structures, and those for whom the day may be difficult.

Inclusive Ways to Celebrate

- Recognize diverse family structures, including single parents, same-sex parents, guardians, and chosen family.
- Avoid gender stereotypes or assumptions about caregiving roles.
- Highlight caregiving benefits, flexibility, and family-supportive policies.
- Offer opt-in recognition rather than mandatory participation.
- Recognize diverse family structures.
- Avoid gender stereotypes.
- Highlight caregiving benefits and policies.

CELEBRATE AT THE STATION ON 6TH FROM 12PM-1PM on Thursday, June 18, 2026

Happy Father's Day!

Dr. Pepper BBQ Chicken

Crab Mac 'N' Cheese w/Asparagus

Broccoli & Carrots

Mixed Fruit



THE STATION
ON 6TH