

November 2025 Dining Room Menu REVISED 10/24/2025

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.

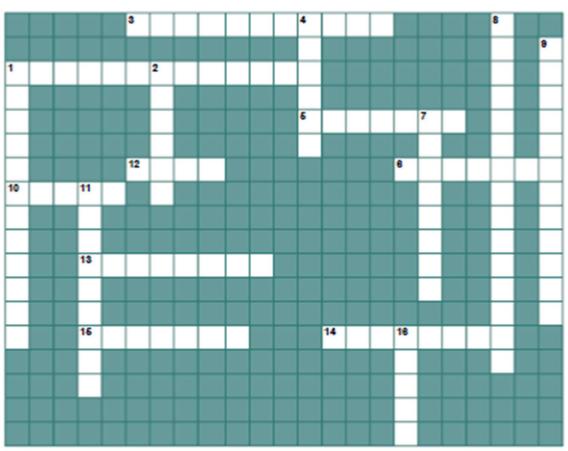
Sauteed Spinach Sticky Rice Stir-Fry Veg Ambrosia Salad	MENU SUBJECT TO CHANGE WITHOUT NOTICE!					
w/ Oriental Veggies Casserole Sauteed Spinach Pineapple Chunks Roasted Squash Medley German Potato Salad Fresh Salad Broccoli Carrot Medallions Italian Veg Pears Hot Black Bean & Corn Salad Garlic Bread Broccoli Carrot Medallions Italian Veg Pears 10) Chicken Patty Sandwich w/ Cheese Pixin's Baked Onion Rings Cold Cucumber Salad Sliced Peaches 11) Turkey Lasagna w/ Marinara Sauce Zucchini Halves Cali Blend Veggies Berries & Cream 13) Grilled Cheese w/Tomato/Baco n Bisque Arugula Salad W/Beets, Fruit & Feta 14) Chef Salad Ham, Turkey, Cheese, Tomato & Egg Carrot Salad Black Eyed Pea Salad Mandarins w/ Craisins 17) Poor Man Swiss Steak w/ Tomatoes Green Beans Pineapple Parfait 18) Manicotti W/Alfred Sauteed Spinach Apricot Halves 19) Pork Stir-Fry over Brown Rice Sauteed Cabbage Asian Spinach Salad Apricot Halves 20) California Chicken Sandwich Steamed Broccoli Coleslaw Tropical Fruit Poorcoli Tropical Fruit 21) Breaded Pollock w/ White Sauce Brown Rice Steamed Broccoli Coleslaw Tropical Fruit Steamed Broccoli Carrots Peach Crisp 24) Sliced Ham Steaks w/ Teriyaki Glaze 25) Stuffed Cabbage Baby Carrots 26) Roasted Turkey! Stuffing & Mashed Potatoes w/ Gravy 27) Closed - Holiday						
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(Vhanksainina	Teriyaki Glaze		_	HAPPY	Closed - Holiday	
Squash Halves Peaches Green Beah Weekend!	Squash Halves	Peaches	Green Bean	Phanksgiving	Weekend!	
Mashed Sweet Casserole	•		Casserole			
	Potatoes					
	Side Salad w/		I -			
	Carrots					
· · · · · · · · · · · · · · · · · · ·	Pudding w/ Berries		,			

National Day of Thanksgiving: President Abraham Lincoln proclaimed a national Thanksgiving Day in 1863, and it has been celebrated annually on the fourth Thursday of November ever since.

Always Remember what you are THANKFUL for! *Holiday Special Price \$15.00

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.

Diabetes Crossword Puzzle



ACROSS

- High blood sugar
- 3. A type of diabetes that only develops during prognancy
- One of the simplest forms of sugar
- 6. A blood glucose check if a person has not eaten for 8-12 hours (usually overnight)
- 10. A term for fat in the body
- 12. Take your shoes and socks off and have your doctor examine these at each visit
- Regular activity to develop and maintain physical fitness
- 14. An organ of the body that produces insulin
- 15. Injectable medication used to treat diabetes

DOWN

- Low blood sugar
- 2. A spring-loaded device used to prick the skin with a small needle to obtain a drop of blood
- 4. Type of juice commonly used to treat low blood sugar
- 7. Carbohydrates are made up of sugars and
- 8. Doctor who is a diabetes specialist
- (2 wds) A _ _ meter is used to test blood sugar
- 11. Inserting liquid medication into the body with a syrings
- 16. People with diabetes often count these at meal times

ANSWESS: 1, https://dycenia, 2, Lancet, 4, Charge, 7, Starches, 8, Endocrinologist, 9, Blood Slucose, 11, Injection, 16, Carbs

[00m]: 1, https://dycenia, 2, Lancet, 4, Charge, 7, Starches, 8, Endocrinologist, 9, Blood Slucose, 11, Injection, 16, Carbs



