



Formerly The Verde Valley Senior Center

September 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.

ALL MEALS INCLUDE A GRAIN OR WHEAT BREAD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) BLT Sandwich Reuben Chowder Garden Potato Salad w/ Carrots Fresh Grapes	2) Beef Goulash w/ Onion, Tomatoes & Cheese over Pasta Peas & Carrots Roasted Brussels Ambrosia Salad	3) Marinated Pork Chop w/ Stuffing Green Beans Sweet Potato Casserole Applesauce	4) Cobb Salad w/ Chicken, Egg, Tomato, Bacon, Mushrooms, Bleu Cheese Crumbles Carrot Salad Mandarins w/ Craisins
7) Closed ~ Labor Day!	8) LUNCH Served 11:30pm-12:30pm Chicken, Spinach & Mushrooms over Rice Pilaf Broccoli & Carrots Spring Roll Sliced Apricots	9) Pulled Pork Hash 'N Eggs w/ Onions, Peppers Sauteed Garlic Spinach Roasted Carrots Mixed Berry Parfait	10) Italian Hoagie w/ Ham, Salami, Pepperoni, Lettuce, Onion, Olives, Pepperoncini Peppers Pasta Salad w/ Peas, Carrots, Red Bell Pepper and Broccoli Sliced Peaches	11) Smoked Sausage over Penne w/ Celery, Onion, Carrots Sauteed Savory Cabbage Strawberry Salad
14) Beef Hotdog w/ Bun German Potato Salad Cucumber Salad Pears w/ Blueberries	15) Chicken Patty Sandwich w/ American Cheese, Lettuce, Onion, Tomato Creamy Coleslaw Mangos	16) Ravioli w/ Mushrooms & Truffle Sauce Peas & Carrots Jello w/ Tropical Fruit	17) Mediterranean Chicken over Orzo Zucchini & Squash w/ Carrots & Tomatoes Sliced Oranges	18) Baked Pollock w/ White Sauce over Rice Baby Carrots Cali Blend Veggies Chocolate Pudding w/ Mandarins
21) Chicken Alfredo Pizza w/ Green Onion Garlic Parmesan Haricot Verts Green Beans Caesar Salad w/Romaine Peach & Strawberry Crisp	22) Chicken Lo-Mein w/ Oriental Veggies over Noodles Sauteed Cabbage Diced Pineapple	23) Beef Stew w/ Onion, Celery, Carrots, Potatoes, Tomatoes Cheesy Cornbread Broccoli/Cauliflower Salad Vanilla Pudding w/ Apricots	24) Smothered Encherito w/ Lettuce, Tomato, Cheese Refried Beans Spanish Rice w/ Carrots Chili-Lime Fruit Salad	25) Sloppy Joes w/ Bun Sweet Potato Fries Sweet Corn Fresh Watermelon
28) BBQ Pork Sandwich Country Fries Garden Salad w/ Carrots Chunky Applesauce	29) Green Chili Pork Carnitas w/ Corn Tortillas Shredded Lettuce Pico de Gallo Fresh Guacamole Fruit Salsa	30) Honey Mustard Chicken Wings over Rice Steamed Carrot Sticks Broccoli 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.***

Five Myths About Aging

Myth 1

The older you get, the less sleep you need.

We might wish this were the case, but older adults still need 7 to 9 hours of sleep each night. Adequate sleep can help reduce your risk of falls, improve your overall mental well-being, and help reduce your risk for certain health conditions.



Myth 2

Depression is normal in older adults.

Although depression is a common mood disorder, it is not a normal part of aging. Talk with your doctor if you begin showing signs of depression, such as irritability or decreased energy.



Myth 3

Older adults can't learn new things.

Not true! Older adults can still learn new things, create new memories, and improve their performance on a variety of skills.



Myth 4

Memory problems always mean Alzheimer's disease.

Not all memory problems are a sign of Alzheimer's disease. Talk with your doctor to determine whether the memory changes you're noticing are normal or whether they may be a sign of something more serious.



Myth 5

Older adults do not need to exercise.

Older adults have a lot to gain by being active — and a lot to lose by sitting too much. Exercise and physical activity can help manage some chronic conditions, improve mental and physical health, and maintain independence as you age.



Visit www.nia.nih.gov/health/10-myths-about-aging for more information about aging and older adults.

NIH National Institute on Aging