

VERDE VALLEY SENIOR CENTER DINING ROOM MENU

October, 2025

500 E. Cherry Street, Cottonwood

www.verdevalleyseniorcenter.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)

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
<p style="text-align: center;">Happy Halloween!</p> <p>Join us for a day full of fun starting at 11am! See flyer for more details!</p> 		<p>1) Smoked Sausage Over Penne Onions, Celery & Peas w/ Cheesy Cream Sauce Broccoli w/ Peppers Spinach Salad Sliced Peaches</p>	<p>2) Philly Cheesesteak on Hoagie Bun w/ Peppers, Onions, Swiss Cheese Broccoli Mac-n-Cheese Cajun Sweet Potato Pineapples/Cherries</p>	<p>3) Lemon-Pepper Fish Over Brown Rice Baby Carrots Zucchini Halves Mandarins w/ Craisins</p>
<p>6) Open-Faced Turkey Sandwich on Texas Toast w/ Gravy Creamy Mashed Potatoes 5-Way Veggie Blend Broccoli Salad Pineapple & Cream w/ Coconut</p>	<p>7) Breakfast Burrito Chorizo, Eggs, Potatoes & Cheese Homemade Hashbrowns Green Bean Medley Cucumber Salad Watermelon</p>	<p>8) Green Chili Pork Carnitas w/ Corn Tortillas Refried Beans Mexican Rice w/ Tomatoes Chunky Applesauce Shredded Salad</p>	<p>9) BBQ-Style Baked Chicken Thighs or Drumsticks White Corn Niblets Twice-Baked Potato Creamy Coleslaw Fresh Mango</p>	<p>10) Chicken Castellina w/ Penne Pasta Mushrooms, Bacon, Artichoke Hearts & Sun-Dried Tomato Roasted Brussels Apricot Halves</p>
<p>13)</p> <p style="text-align: center;">Closed – Columbus Day!</p>	<p>14) Meatball Sub w/ Marinara & Mozzarella 3-Bean Bake Pasta Salad w/ Peas, Celery, Carrots & Onion Fruit Cocktail</p>	<p>15) Greek Chicken Salad over Greens w/ Kalamata Olives, Peppers, Red Onion, Tomatoes, Artichoke & Feta Orzo Salad Greek Yogurt w/ Strawberries</p>	<p>16) Pork Fajitas w/ Onions, Peppers & Flour Tortilla Mexican Black Beans w/ Cheese Fresh Guacamole Sliced Peaches</p>	<p>17) Shrimp Scampi w/ Asparagus over Angel Hair Pasta Steamed Broccoli Fresh Grapes Tossed Green Salad w/ Tomatoes, Cucumbers & Red Onion</p>
<p>20) Sloppy Joes w/ Wheat Bun Corn w/ Peppers Bruce's Famous Beets Pineapple Chunks</p>	<p>21) Turkey Chili w/ Northern Beans Toasted Crostini Cornbread Muffins Broccoli/Cauliflower Salad Ambrosia Salad</p>	<p>22) Chicken Tetrizzini w/ Mushrooms, Peas, Carrots, Cream Sauce over Pasta Sauteed Green Beans House Salad Sliced Peaches</p>	<p>23) Turkey Wrap Turkey w/BLT, Onion & Cheese w/ Spinach Tortilla Broccoli Salad Hummus w/ Sun-Dried Tomatoes Sliced Pears</p>	<p>24) Biscuits & Gravy w/ Scrambled Eggs Stewed Tomatoes Sauteed Spinach Fresh Banana</p>
<p>27) Chicken Mushroom Spinach Alfredo w/ Gorgonzola Cheese & Balsamic Glaze Squash Medley Mixed Fruit</p>	<p>28) Beef Hot Dog w/ Bun Corn that fell off the cob German Potato Salad Mixed Berry Medley</p>	<p>29) Pork Quesadilla Shredded Pork, Onions, Peppers & Cheese Shredded Salad Hot Corn/Black Bean Salsa Peaches</p>	<p>30) Beef Pasties w/ Corn, Peas, Carrots, Potatoes and Onions in Pastry Sauteed Cabbage Apricot Halves</p>	<p>31) Jack-o'-lantern Pillows w/ Ghost Sauce (Pumpkin Ravioli & Alfredo) Spiderweb (Spaghetti) Squash Bull's Blood Beets Graveyard Cake Gargoyle Eyeballs (grapes)</p>

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.**

Recipe from the National Breast Cancer Foundation:

Navel Orange & Apple Muffins Recipe by Anita Parris Soule, Sunkist Collaborator

Number of servings: 12

Prep time: 20 minutes

Cook time: 20 minutes

Breakfast & Drink Zest for Life: The Ultimate Citrus Cookbook Not only are Navel oranges packed with flavor, they also pack a punch when it comes to nutrition! In fact, one Navel orange contains approximately 90% of your recommended daily intake of vitamin C,[1] a nutrient that helps support the immune system and promote wound healing by helping with the production of collagen.[2] The sweetness of these Navel Orange and Apple Muffins comes from the natural sugars in the orange juice, applesauce, and raisins, rather than relying purely on added sugars, which do not provide much nutritional benefit.

Ingredients:

2 cups whole wheat flour (or pastry flour if available)

1 1/2 tsp baking powder

1 tsp baking soda

1/4 tsp kosher salt

1/4 tsp ground cinnamon

2 eggs

1 Navel orange, zest

1/4 Navel orange, juiced

1 cup apple sauce

1 cup grated apple

1/2 cup coconut oil, melted

1 tsp vanilla extract

1/2 cup chopped walnuts or pecans (optional)

1/2 cup raisins (optional)

Instructions 1. Preheat oven to 375° F. Line a 12-count muffin pan with paper liners or spray generously with nonstick baking spray. 2. In a large bowl, whisk flour, baking powder, baking soda, cinnamon, and salt together. 3. Make a space in the center of the flour mixture and add eggs, orange zest, orange juice, apple sauce, grated apple, melted coconut oil, and vanilla. 4. Whisk together gently to combine and fold in nuts and raisins if using. 5. Spoon or scoop batter into muffin pan, filling all the way to the top. 6. Bake in preheated oven, 20 minutes for regular muffins or 15 minutes for mini muffins, until a toothpick inserted into center of muffin comes out clean. Nutrition Tips & Substitution Options • Feel free to add 1-2 servings of vanilla protein powder in step #2 to bump up the protein content a bit! You can also have the muffin as a side with your choice of protein.

You can reduce the amount of carbohydrates in this recipe by using an apple sauce with zero grams of added sugar.

If you want an even stronger orange taste, feel free to include Navel orange slices in the muffins! This will also squeeze in a little more of that vitamin C.