



Formerly The Verde Valley Senior Center

## February 2026 Dining Room Menu

500 E. Cherry Street, Cottonwood

[www.verdevalleyseniorcenter.org](http://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) \*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
<b>2) Eggs Benedict w/ Scrambled Eggs, Ham, English Muffin &amp; Hollandaise Sauce Potatoes 'O Brien 5-Way Mixed Veg Sliced Peaches</b>	<b>3) Ravioli w/ Meat Sauce Italian Veggies Buttery Cauliflower Mixed Fruit</b>	<b>4) Chicken Cordon Bleu w/ Dijon Sauce Squash Medley Roasted Carrots Grape Ambrosia</b>	<b>5) Green Chili Pork Stew Boiled Potatoes Stewed Tomatoes Coleslaw w/ Carrots Apple Crisp</b>	<b>6) New England Clam Chowder Roasted California Blend Veggies Garden Salad w/ Shredded Carrots Apricots</b>
<b>9) Chili Cheese Dogs Herbed Corn German Potato Salad 3-Bean Salad Watermelon</b>	<b>10) Chicken Stir-Fry w/ Mushrooms &amp; Broccoli Oriental Veggies Tropical Fruit</b>	<b>11) Chicken &amp; Wild Rice w/ Carrots, Onions &amp; Celery Brussels Sprouts Tapioca Pudding Fresh Orange</b>	<b>12) Beef Enchiladas Refried Beans Mexican Rice Elote Corn Salad Pineapple</b>	<b>13) Valentine's Day Chicken Cacciatore w/ Tomatoes, Peppers &amp; Mushrooms over Polenta Sautéed Spinach Carrot Salad Chocolate Mousse w/ Strawberries</b>
<b>16)</b> <b>CLOSED</b>  <b>HAPPY PRESIDENT'S DAY</b>	<b>17) Gumbo w/ Chicken, Sausage, Vegetables over Confetti Rice Steamed Cabbage Baked Apples</b>	<b>18) Breakfast Bowl Ham, Potatoes, Eggs Smothered w/ Country Gravy Roasted Cauliflower w/ Carrots Pineapple Parfait</b>	<b>19) Chicken &amp; Rice Green Chili Burritos Steamed broccoli Cucumber Salad Fruit Cocktail</b>	<b>20) Tuna Patties w/ Dill Sauce 5-way Mixed Veggies House Salad w/ carrots Fresh Banana Birthday Cake</b>
<b>23) Goulash w/ Tomatoes, Cheese &amp; Pasta German Brussels Peas &amp; Carrots Peaches</b>	<b>24) Chicken Tamales Pinto Beans Corn Salsa Cantaloupe Cucumber Salad</b>	<b>25) Cheese Tortellini w/ Cream Sauce Cali Blend Veggies Sautéed Broccoli Vanilla Pudding w/Apricots</b>	<b>26) BBQ Pulled Pork w/ Onion Straws Baked Beans Sweet Potato Applesauce</b>	<b>27) Spaghetti &amp; Meatballs Italian Veggies Capri Vegetables Jello w/ Mixed Fruit</b>



Join US!

Thursday, February 12, 2026  
Senior Prom-Mardi Gras Theme

\$10.00 per person-Reservations and Prepay Required  
3:30pm-6:00pm

## Heart Healthy Plate Choices

Fill half your plate with a variety of non-starchy vegetables, such as leafy greens, broccoli, carrots, peppers or cabbage, and whole fruit. Eat more vegetables than fruit. Limit juice and dried fruits.

Choose one to three servings of non-fat (skim) milk or yogurt every day; non-dairy alternatives such as soy, rice, or almond milk are fine. A serving is 8 oz. Choose yogurt with less than 15 grams of sugar per serving.

Choose small amounts of healthy oils (such as olive and canola) for cooking or to flavor foods. Nuts, seeds and avocados also contain healthy fats. Limit or avoid butter, lard, tropical oils (coconut, palm), and stick margarine.



Fill a quarter of your plate with protein sources such as fish, skinless poultry, beans, lentils, nuts and tofu. Limit red meat and cheese: avoid processed meats such as cold cuts and bacon.

Drink mostly water or other calorie-free beverages, such as coffee or tea. Avoid sugary drinks.

- Fill a quarter of your plate with whole grains, such as brown rice, whole-wheat pasta, barley, quinoa, oats or whole-wheat bread, or other healthy starches including sweet potatoes, acorn squash, beans or lentils. Limit white bread, white rice, and fried potatoes.

### Healthy Snack Ideas

- 1 cup nonfat Greek yogurt +  $\frac{1}{2}$  cup blueberries
- $\frac{1}{4}$  cup (small handful) of unsalted nuts
- $\frac{1}{4}$  cup hummus + vegetables (carrots, bell peppers, or sugar snap peas)
- $\frac{1}{2}$  whole wheat bagel + 2 Tablespoons natural nut butter

Daily physical activity is essential for a healthy heart. The goal is at least 30 minutes, 5 days a week of walking or other exercise. This can be done in 10-minute sessions if needed. Spend more time moving and less time sitting.