

# VERDE VALLEY SENIOR CENTER DINING ROOM MENU

## March, 2024

500 E. Cherry Street, Cottonwood

[www.verdevalleyseniorcenter.org](http://www.verdevalleyseniorcenter.org)

Phone 928-634-5450






60+ Senior Subsidized Meal Contribution (Dining Room and Home Delivered Meals) \$5.00; Private Pay Home delivered Meals \$10.00;  
Under 60 Dining Room Meal is \$10.00

Luncheon Served from 12 to 1pm – Monday Through Friday. Reservations Preferred.

Menu subject to change without notice

We reserve the right to refuse service to anyone.

ALL MEALS SERVED WITH 2% MILK, A BREAD OR STARCH ITEM AND BUTTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>March is National Nutrition Month!</b> 	<b>March 17<sup>th</sup> is St. Patrick's Day!</b> 	<b>March 31<sup>st</sup> is Easter Sunday!</b> 	<b>March 19<sup>th</sup> marks the first day of Spring!</b> 	<b>1) Baked Ham Slice w/ Apricot Glaze</b> Mac 'n' Cheese California Blend Whole Wheat Bread Sliced Peaches
<b>4) Cheese Tortellini w/ Chunky Marinara (no meat)</b> Cauliflower Squash Medley 4 Bean Salad Whole Wheat Bread Fresh Banana	<b>5) Tuna Melt w/Onions, Celery &amp; Cheddar Cheese on Sourdough Bread</b> Broccoli Sweet Potato Fries Hot Peach Crisp	<b>6) Pot Roast w/Carrots, Potatoes, Onions &amp; Celery</b> Green Peas Steamed Cabbage Whole Wheat Bread Apricot Halves	<b>7) Green Chili Chicken Enchilada Casserole</b> Seasoned Refried Beans w/Cheese & Fresh Diced Onions Spanish Rice w/Tomatoes, Peppers Lettuce, Tomato & Onion Salad Whole Wheat Bread Sliced Pears	<b>8) Parmesan Herb Crusted Tilapia over Brown Rice</b> Cauliflower Au Gratin Steamed Spinach Broccoli Salad w/ Craisins & Diced Red Onion Whole Wheat Bread Tropical Fruit
<b>11) Swedish Meatballs in Mushroom Sauce over Egg Noodles</b> Crinkle Cut Carrots Brussels Sprouts Cucumber, Tomato & Onion Salad Whole Wheat Bread Orange Fluff w/ Mandarins	<b>12) Teriyaki Chicken Wings over Brown Rice</b> Oriental Blend Steamed Cabbage Whole Wheat Bread Pineapple Chunks	<b>13) Honey Glazed Pork Loin Roast</b> Creamed Spinach Zucchini & Squash Casserole 3 Bean Salad Whole Wheat Bread Mandarin/Pineapple/ Banana Fluff	<b>14) Tuna Casserole w/Peas, Carrots &amp; Egg Noodles</b> Succotash Broccoli Whole Wheat Bread Cherry Fluff	<b>15) Dublin Coddle w/Potatoes, Onions, Carrots &amp; Leeks</b> Cabbage w/Corned Beef Roasted Carrots & Parsnips Irish Soda Bread Muffins Green Pears Lamingtons
<b>18) Spaghetti w/ Meatballs</b> Cauliflower Spinach Romaine Tossed Salad Whole Wheat Bread Applesauce	<b>19) Salmon Potato Patties w/White Dill Sauce over Brown Rice</b> Green Peas California Blend Veg Whole Wheat Bread Fruit Cocktail	<b>20) Salisbury Steak w/Mushroom Sauce</b> Parmesan Basil Orzo Steamed Broccoli Sliced Pickled Beets Whole Wheat Bread Sliced Peaches	<b>21) Beef and Barley Casserole w/Carrots &amp; Mushrooms</b> Cut Green Beans & Potatoes Whole Wheat Bread Melon Medley	<b>22) Garlic &amp; herb Roasted Chicken Thighs</b> Corn Pudding Casserole Brussels w/Bacon & Chestnuts Whole Wheat Bread Sliced Pears Tapioca Pudding
<b>25) Breaded Chicken Patty w/Country Gravy</b> Fluffy Mashed Potatoes Mixed Veggies Biscuit Fresh Banana	<b>26) All Beef Hot Dog on a Bun w/Homemade Chili</b> 3-Bean Casserole Veggie-Loaded Mac 'n' Cheese Pickled Onions Sliced Peaches	<b>27) Glazed Spiral Ham</b> Dutch Mashed Potatoes Sweet Petite Peas w/Pearl Onions in a White Cream Sauce Hot Cross Buns Fruited Cake	<b>28) Filet of Fish over Brown Rice</b> Cauliflower Au Gratin Broccoli Whole Wheat Bread Mandarin Parfait	<b>29) CLOSED FOR GOOD FRIDAY!</b>  <b>Happy Easter!</b>

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 activities.

# Nutrition For Older Adults

Nutrients are substances in your food that keep your body working well. Eating too much or too little of some nutrients may increase your risk of certain chronic diseases, such as heart disease and high blood pressure. Older adults have different nutritional needs than other age groups. The Nutrition Facts label can help you monitor some of the nutrients in your diet.

## Understanding the Nutrition Facts Label:

**Servings Per Container** shows the total number of servings in the entire food package or container. One package of food may contain more than one serving.

**Serving Size** is based on the amount of food that is usually eaten at one time. Serving size is not a recommendation of how much to eat.

**Calories** refers to the total number of calories in a serving of food. To achieve or maintain a healthy body weight, balance the number of calories you eat and drink with a number of calories your body uses. 2,000 calories a day is used as a general guide for nutrition advice. Your calorie needs may be higher or lower and vary depending on your age, sex, height, weight and physical activity level. Check your calorie needs at [www.ChooseMyPlate.gov/MyPlatePlan](http://www.ChooseMyPlate.gov/MyPlatePlan)

**% Daily Value (%DV)** shows how much a nutrient in a serving of food contributes to a total daily diet. The Daily Values are reference amounts of nutrients to consume or not to exceed each day.

## Get More of These Nutrients:

- **Dietary Fiber** is a type of carbohydrate that cannot be easily digested.
  - Daily Value: 28 grams (g) per day.\*
- **Calcium** is a mineral that is important for bone health.
  - Daily Value: 1,300 milligrams (mg) per day.\*
- **Vitamin D** helps your body absorb calcium and is important for bone health.
  - Daily Value: 20 micrograms (mcg) per day.\*
- **Potassium** is a mineral that helps with fluid balance and heart, muscle, and nervous system function.
  - Daily Value: 4,700 mg per day.\*

## Get Less of These Nutrients:

- **Saturated Fat** is found in higher amounts in animal products, with the exception of seafood, which is generally low in saturated fat.
  - Daily Value: 20 g per day.\*
- **Sodium** is a mineral commonly found in table salt and in many commercially processed, packaged and prepared foods.
  - Daily Value: Less than 2,300 mg per day.\*
- **Added Sugars** includes sugars that are added during the processing of foods.
  - Daily Value: 50g per day.\*

\*Based on a 2,000-calorie daily diet.

Information provided by U.S. Food and Drug Association [www.fda.gov/nutritioneducation](http://www.fda.gov/nutritioneducation)