



VERDE VALLEY SENIOR CENTER

Menu for February 2012



500 E. Cherry Street, Cottonwood Phone 634-5450

60+ Senior Subsidized Meal Contribution \$3.50; All Other Meals \$5.00 (No Exceptions) Lunch Served at 12 Noon
Reservations Required (We reserve the right to refuse service to anyone)

Menu subject to change without notice!
 All meals served with 2% milk, a bread or starch item, and butter!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <i>Southwestern Smothered Chicken Casserole w/Cheese</i> Spanish Brown Rice Refried Beans Whole Grain Tortilla Tossed Romaine Salad Pineapple Chunks	2 <i>Ham Scalloped Potatoes</i> Green & Wax Beans Steamed Cabbage Cornbread Peaches	3 <i>Sweet & Sour Meatballs over Brown Rice w/Pineapple, Peppers & Onions</i> Steamed Broccoli Oriental Blend Veggies Whole Wheat Bread Tapioca Pudding Plums
6 <i>Sweet Italian Braised Sausage on a Whole Grain Hoagie w/Peppers & Onions</i> Chipped Potatoes Zucchini w/Stewed Tomatoes Sliced Pears	7 <i>Rosemary Chicken Breast w/Gravy</i> Orzo w/Parmesan, Basil, Tomatoes & Green Onions Broccoli Whole Grain Biscuit Vanilla Pudding Fruit Cocktail	8 <i>Beef Burgundy w/Barley, Carrots, Onions & Celery</i> Boiled Red Potatoes Steamed Cabbage Whole Wheat Bread Plums	9 <i>Cheese Ravioli in a Meaty Marinara Sauce</i> Chuck Wagon Corn Italian Blend Veggies Garden Tossed Salad Whole Wheat Garlic Bread Mandarin Medley	10 <i>Hoppin' John (Ham, Black-eyed Peas & Rice)</i> Buttered Carrots Steamed Spinach Cornbread Oatmeal Craisin Cookies Applesauce
13 <i>Sweet and Sour Pork</i> Brown Rice Pilaf Oriental Veg. w/Broccoli Whole Wheat Bread Tapioca Pudding Apricots	14 "VALENTINE'S DAY" <i>Stuffed Chicken Breast w/a Creamy White Sauce</i> Mashed Potatoes w/Beets Orange Glazed Carrots Romance in a Bowl Whole Wheat Roll Raspberry Chocolate French Macaroons	15 "BIRTHDAY" <i>Classic Meatloaf w/Brown Gravy</i> ½ Baked Potato French Style Green Beans Whole Wheat Bread Pineapple Chunks Birthday Cake	16 <i>Salmon Patties w/White Parsley Sauce</i> Macaroni & Cheese Winter Squash Kidney Bean Salad w/Eggs Whole Wheat Bread Peaches	17 <i>Homemade Lasagna</i> Zucchini Tossed Garden Greens Garlic Bread Chocolate Pudding Hot Apple Crisp
20 CLOSED FOR PRESIDENTS DAY	21 "MARDI GRAS" <i>Crab Cakes w/Basil Mayonnaise Sauce</i> Red Beans & Rice Ginger Glazed Carrots Whole Wheat Bread Fresh Fruit Salad w/Grapes King Cake	22 <i>Old Fashioned Beef & Barley Stew w/Carrots, Onions & Celery</i> Boiled Red Potatoes Green Peas Whole Wheat Bread Sliced Pears	23 <i>Pork Chops w/Stuffing & Gravy</i> Potatoes Au Gratin California Blend Veg. Cornbread Oatmeal Cookies Applesauce	24 <i>Chili Burger on a Whole Wheat Bun w/Cheese & Diced Onions</i> Home Fried Potatoes Mixed Veggies Garden Tossed Romaine w/Tomatoes Fruit Cocktail
27 <i>Macaroni & Cheese w/Ham</i> Baked Yams Green Beans Tossed Garden Greens Whole Wheat Bread Baked Pineapple Casserole	28 <i>French Dip on a Whole Grain Roll w/Au Jus</i> Squash Medley Lima Beans Carrot Salad Peaches	29 "LEAP YEAR PARTY" <i>Hillbilly Ribs over a Bed of Rice</i> Mexicali White Corn Mammy Yokum's Beans Daisy Mae's Big Bust Salad Dog Patch Home-made Biscuits Lil' Abner's Melon Balls	Leap Year will be celebrated in full Sadie Hawkin's tradition. Sadie Hawkin's Day dance will be held from 1:00p.m. to 3:00p.m. 	