



Formerly The Verde Valley Senior Center

November 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._

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Chili Dogs w/ Bun Baked Zucchini Slices Potato Salad Diced Pineapple	3) Liver 'N Onions Green Bean Medley Braised Red Cabbage Sliced Peaches	4) Chicken Ala King w/ Peas, Carrots, Mushrooms, Celery & Onion Roasted Brussels Apple Crisp	5) Salisbury Steak w/ Mushroom Gravy Creamy Mashed Potatoes Broccoli w/ Carrots Fresh Orange Slices Welcome Vets!	6) Fish Tacos w/ Flour Tortilla Hot Broccoli Salad Pico De Gallo Avocado/Cilantro Lime Slaw Mixed Berry Crema
9) Beef-A-Roni Peas & Carrots Caesar Salad Sliced Pears	10) Teriyaki Chicken Skewers w/ Red Pepper, Mushroom, Onion Rice Pilaf Greek Salad Asian Pineapple	11) ~Closed~ 	12) Pork Egg Rolls w/ Cabbage & Carrots Lo-Mein with Oriental Veggies Mandarin Oranges	13) Classic Meatloaf Creamy Mashed Potatoes Honey-Garlic Glazed Baby Carrots Creamy Fruit Salad
16) Turkey Burger w/ Swiss on Bun Lettuce, Tomato, Onion, Pickle Sweet Potato Fries Tropical Fruit	17) Chicken Tacos Shredded Lettuce & Tomato Mexican Rice w/ Carrots & Tomatoes Elote Corn w/Red Bell Peppers Fresh Watermelon	18) Pork Sausage Patty w/ Scrambled Eggs Potatoes 'O Brien Sautéed Spinach Chocolate Pudding w/ Strawberries	19) Yellow Split-Pea & Ham Soup Parsnips & Carrots Broccoli Fresh Honeydew Welcome Vets!	20) Special Price \$15.00 Roasted Turkey Dinner Gravy, Stuffing, Mashed Potatoes, Green Bean Casserole Cranberry Sauce Dinner Roll Pumpkin Pie
23) Chicken Bacon Swiss Sandwich w/ Bun Lettuce, Onion, Tomato, Pickle Sweet Potato Fries Fresh Grapes & Pineapple	24) Pork Medallions w/ Diane Sauce Duchess Potatoes Cauliflower & Carrots Peach Slices	25) Crab Louie Salad Romaine, Cucumber, Egg, Asparagus, Capers, Tomatoes, Lo Bok Radish Carrot Salad Mixed Fruit	26) ~ Closed ~ Thanksgiving! 	27) ~ Closed ~ Thanksgiving Recovery Day!
30) Chicken Gyros w/ Lettuce, Tomato, Onion & Tzatziki Sauce Roasted Red Pepper Hummus Vanilla Pudding w/ Strawberries	Thanksgiving Meal \$15.00 RSVP No Later than Friday, November 13, 2026 Please see the receptionist to RSVP Or Go on-line to www.vvscaz.org			

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.**

Diabetes Prevention

Nutrition Tips and Strategies



At the Grocery Store

Produce: No limit! Choose your favorites, and have a plan for using them within 3-4 days.

Frozen: Look for veggies and fruits with no added ingredients. Avoid pizzas, fatty and salty meals, fried potatoes, waffles and pancakes, most frozen desserts, and sweets. You can make them healthy yourself!

Dairy: If you eat dairy, choose unsweetened yogurt, or plant-based alternatives. Use cheese sparingly, products with added sugar, and butter.

Bakery: Choose whole grain breads and rolls. Avoid white bread, pastries, muffins, cookies, cakes, and other sweets.

Grocery: Choose dry or canned beans, salsa, whole grain or corn tortillas, whole grains, unsweetened cereals, unsalted nuts and seeds, whole grain pasta, low sugar, olive or canola oils, whole grain flours, herbs, spices, and dried fruit to be used in small amounts. Avoid meal mixes, creamy soups, white crackers, cookies, candy, sauces and dressings with added sugar, and sweetened drinks.

Meat: Choose lean cuts of poultry and beef. Choose fish 1-2 times/week. Avoid cold cuts, bacon, salami, and sausage.

Other: Try plant-based burgers, hummus, and tofu.

Carbs are Okay! As long as they're from **HEALTHY** foods!

- Fresh and frozen fruits like apples, bananas, grapes, oranges, grapefruits, cherries, berries, mangos, etc.
- Raw and cooked fresh or frozen vegetables
- Starchy vegetables like yams, potatoes, and parsnips
- Whole grains like oats, brown rice, barley, and quinoa
- Beans and lentils (canned ok!)
- Whole grain flour-based foods like whole wheat bread, whole grain pasta, etc. in moderation



Half your "plate" should be vegetables



This doesn't mean you need to pile veggies to one side! Mixed dishes like veggie-packed bean chili, stir fries, soups, casseroles, main dish salads, sautés, tacos, sandwiches, grain bowls, and burritos are great!

Be a label sleuth

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	8%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
Cholesterol 5mg	10%
Sodium 430mg	19%
Total Carbohydrate 45g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	8%
Includes 2g Added Sugars	4%
Protein 11g	22%
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	5%

Use the **SERVING SIZE** to control portions for weight loss or maintenance.

The less saturated fat, the better. Aim for less than 10 grams per day.

The less added sugar, the better. The more fiber, the better. Look for foods with at least 1 gram of fiber for every 10 grams of carbohydrate.

Enjoy Food

Healthy eating is a joy, not a punishment. To make permanent changes in your eating habits, you must like and enjoy the foods you eat. Find foods and recipes that are both delicious and good for you. The result is a win-win!