

October 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
Join us! Halloween Costume Dance Party  Friday, October 23, 2026 3pm-6pm \$15.00/person Limited Tickets!			1) Burger Bowl w/ Peas & Carrots Loaded Mashed Steamed Broccoli Sliced Pears	2) Tuna Melt w/ Tomato & Cheddar on Wheat Bread Sweet Potato Fries Cucumber Salad Fresh Grapes
5) Open Faced Turkey Sandwich w/ Gravy Sauteed Green Beans Dutch Mashed Potatoes Mandarins w/ Craisins	6) Chicken Tamale Corn w/ Peppers Seasoned Refried Rainbow Beets Fresh Fruit Medley	7) Lemon Pepper Whitefish over Rice Roasted Zucchini & Squash House Salad Panna Cotta w/ Mixed Berries	8) BBQ Chicken Thigh or Leg Baked Potato Roasted Carrots Pineapple Chunks	9) Green Chili Pork Stew w/ Onion, Carrot, Celery & Potatoes Roasted Brussels Apple Slices
12) CLOSURE 	13) Monte Cristo Roasted Asparagus Baby Carrots Fruit Salad	14) Swedish Meatballs w/ Peas & Carrots over Egg Noodles Green Beans Cranberry Sauce	15) Toscana Soup & House Salad (Carrots, Cucumbers, Tomatoes) Garlic Bread Stuffed Portabella Roasted Carrots Fresh Banana	16) Chicken Chili w/ Cornbread Sauteed Garlic Broccoli Cilantro-Lime Slaw Vanilla Pudding w/ Peaches
19) Chicken Fajitas w/ Onions, Peppers & Flour Tortilla Spanish Rice w/ Carrots Stewed Tomatoes Fresh Watermelon	20) Patty Melt on Rye Sweet Potato Tots Roasted Broccoli Apricots	21) Ham Scalloped Potatoes w/ Carrots & Green Onion White Corn Niblets Ambrosia Salad w/ Coconut	22) Chicken Caesar Salad w/ Parm, Tomato & Croutons Carrot Salad Cucumber Salad Fresh Cantaloupe	23) Bratwurst w/ Sauerkraut, Red Peppers & Onion Green Bean Salad Apple Cabbage Slaw
26) Chicken Tortellini w/ White Pesto Sauce Capri Blend Veggies Sauteed Spinach Apricots	27) Pork Machaca w/ Eggs & Corn Tortillas Dutch Hashbrowns Spinach Fresh Guacamole w/ Tomatoes Peaches	28) Ham, Spinach, Mushroom Quiche w/ Hollandaise Sauce Rosemary Potatoes Broccoli & Carrot Salad Strawberries in Jello	29) Chicken Pot Pie w/ Peas, Carrots, Celery & Onions Green Bean Almondine Sliced Pears	30) Tortilla Coffin Filled w/ Ground Beef & Refried Beans Lettuce & Tomato Southern Rice Pineapple Ghost Sauce Fruit w/ Eyeballs

Halloween Costume Dance Party w/DJ Kay

Friday, October 23, 2026

3pm-6pm

\$15.00/person

Limited Seating

Friday, October 30, 2026

11am

Costume Contest

Thriller Movie

Pumpkin Decorating Contest

Horrorderves

Candy Facts

Common Chocolate Treats (Fun-Size or Miniature)

- Hershey's Kiss: 26 calories, 1.5g fat, 2.5g sugar
- Reese's Peanut Butter Cup (Miniature): 44 calories, 2.5g fat, 4g sugar
 - Snickers (Mini/Fun-Size): 45-60 calories, 2g-3g fat, 5g sugar
 - Kit Kat (Fun-Size): 70-73 calories, 3g-4g fat, 8g sugar
- Twix (Fun-Size): 125 calories (per larger fun/snack piece), 8g fat, 13g sugar

Sugary and Chewy Candies

- Tootsie Roll (Midgie): 25-30 calories, 0.5g fat, 4g sugar
 - Smarties (Small Roll): 25 calories, 0g fat, 6g sugar
- Candy Corn (10-15 kernels): 70-95 calories, 0g fat, 14-18g sugar
- Sour Patch Kids (Small pack/few pieces): 90 calories, 0g fat, 15g