

July 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.

MENU SUBJECT TO CHANGE WITHOUT NOTICE! ALL MEALS SERVED WITH 2% MILK, BREAD OR STARCH ITEM, AND BUTTER!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Mexican Pizza Tortillas, Ground Beef, Refried Beans, Cheese, Tomatoes, Olives & Green Onion Calabacitas Garden Salad w/ Carrots Watermelon & Pineapple Ice Cream Social 1pm!	2) Beer Brats w/ Sauerkraut on Bun Sauteed Red Bell Peppers & Onions German Potato Salad Sliced Peaches	3) Closed ~ Independence Day!
6) Chicken Curry w/ Veg over Rice Roasted Carrots Greek Cucumber Salad Apple and Mixed Fruit Ambrosia	7) Pretzel Nachos ½ Giant Pretzel w/ Ground Beef, Nacho Cheese , Lettuce & Tomatoes Mexican Squash w/ Carrots Tropical Fruit Salsa	8) BBQ Pork Mac 'N Cheese Roasted Bussels Roasted Cauliflower w/ Carrots Applesauce	9) Chicken Tamale Casserole w/ Enchilada Sauce Black Beans Broccoli w/ Carrots Sliced Apricots	10) Tuna Casserole Green Beans Baked Sweet Potato Mandarins w/ Craisins
13) Supreme Pizza w/ Pepperoni, Sausage, Onion, Peppers, Mushrooms, Olives Garlic Parmesan Haricot Verts Green Beans House Salad w/ Carrots & Peppers Fruit Salad	14) Pork Schnitzel Scalloped Potatoes Roasted Cauliflower w/ Carrots Cinnamon Apples	15) Chicken Cordon Bleu w/ Dijon Sauce 5-Way Veggies Cauliflower Au Gratin Chocolate Panna Cotta w/ Strawberries & Mint	16) Ground Beef Philly w/ Onions, Peppers & Swiss on Hawaiian Roll Sweet Potato Fries East Coast Slaw Fresh Grapes	17) Buffalo Chicken Wings w/ Rice Steamed Carrots Seared Bok Choy Apricots & Berries
20) White Chicken Lasagna w/ Squash, Carrots & Spinach Garlic Green Beans Romaine/Arugula Salad w/ Berries	21) Chili Cheese Burritos Refried Beans Broccoli/Cauliflower Salad w/ Carrots Sliced Oranges	22) Stuffed Chicken w/ Creamy Marsala Sauce Roasted Broccolini Honey-Glazed Carrots Tapioca Pudding Peaches	23) Baked Pork Taqitos Cauliflower Mexican Rice Mexican Black Beans Pineapple & Berries	24) Chicken & Shrimp Etouffee Dirty Rice w/ Carrots Sauteed Cabbage Strawberry Shortcake
27) Teriyaki Vegetable Lo-Mein over Rice Asian Broccoli Spinach Salad Mandarins, Blueberries & Cream	28) Pork Taco Tuesday Shredded Lettuce, Tomato & Onion Fiesta Corn Salad Mangos	29) Verde Chicken Fried Steak w/ Scrambled Eggs Potatoes 'O Brien Roasted Squash w/ Carrots Sliced Pears	30) Pork Burger w/ Bun Sweet Potato Fries Coleslaw Peaches & Strawberries	31) Chicken Salad Sandwich w/ Lettuce & Tomato Pasta Salad w/ Carrots Broccoli Salad Oatmeal Chocolate Chip Cookie Fresh Banana



Easy Potluck Sides for 4th of July



Fresh Fruit Salad

- 2 cups strawberries – sliced
- 2 cups watermelon – cut into 1-inch cubes
- 3 medium bananas – sliced into ½ inch rounds
- 3 cups pineapple chunks
- 3 kiwis – peeled and sliced
- 1 cup blueberries
- 1 cup raspberries
- 3 tablespoons honey
- 2 tablespoons fresh lime juice

1. Add all of the fruit to a large bowl.
2. In a separate smaller bowl, mix together the lime juice and honey.
3. Pour the honey – lime mixture over the fruit and toss to coat it all.
4. Serve cold or at room temperature and enjoy!



Healthy Creamy Coleslaw

- ¾ cup mayonnaise
- 2 tablespoons apple cider vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon sugar
- ¾ teaspoon celery seeds
- ¼ teaspoon sea salt
- Freshly ground black pepper
- 6 cups shredded green cabbage
- 2 cups shredded red cabbage
- 2 medium carrots, shredded
- 1 cup thinly sliced red onion



Make the coleslaw dressing. In a medium bowl, whisk together the mayonnaise, apple cider vinegar, mustard, sugar, celery seeds, salt, and several grinds of pepper.

Make the coleslaw. In a large bowl, toss together the green and red cabbage, carrots, and onion. Pour the dressing over the top and toss to coat. Season to taste with salt and pepper.

Chill in the refrigerator for at least 1 hour before serving to allow the cabbage to soften and the flavors to meld.



VEGGIE DIP

- 1 cup non fat greek yogurt
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon dried dill
- ¼ teaspoon salt
- 1/8 teaspoon black pepper
- 1/2 teaspoon dried parsley
- 1/2 teaspoon dried basil



In a bowl combine all ingredients. Mix together until combined & serve with vegetables of choice.

Corn Salad

- 3 ears fresh corn
- 1 pint grape tomatoes, halved
- 1 avocado, diced
- ¼ cup cilantro, chopped

Dressing

- 2 Tablespoons lime juice
- ¼ cup avocado oil
- ¼ teaspoon cumin
- ¼ teaspoon oregano
- ½ teaspoon salt
- ¼ teaspoon pepper

Place the raw corn in a large pot, and cover with water. Bring to a boil, and cook for 5 minutes.

Plunge the corn into ice water to stop the cooking.

Cut the corn off the cob, and add kernels to a large mixing bowl. (Or use frozen corn, cook according to package instructions.)

Add tomatoes, cilantro and avocado.

Whisk the dressing together (with a whisk or fork) in a separate bowl, and pour over top. Tip: use a spatula to scrape all the herbs into the salad.

Gently fold everything together. I like using a silicone spatula, but a spoon will work too.

Serve immediately.



No-Bake Cheesecake Bites

- 1 cup graham cracker crumbs
- 3 tablespoons unsalted butter, melted
- 1 (8 oz.) package plain cream cheese, softened
- ¼ cup plain nonfat greek yogurt
- 1 ½ tablespoons honey
- ½ tablespoon lemon juice
- 1 teaspoon vanilla extract
- Pinch of salt
- Fresh sliced strawberries and blueberries

1. Line a mini muffin tin with liners and set aside.
2. To make the crust: Combine graham cracker crumbs and melted butter in a small bowl and stir well to combine. Spoon 2-3 tablespoons of the crumb mixture into each mini muffin cup. Press down using a small bottle or shot glass to help it get packed in. Put the pan in the freezer to firm up the crust while you make the filling.
3. To make the cheesecake filling: Use a hand mixer or stand mixer to mix all of the filling ingredients until creamy and smooth. Add about a tablespoon of the cream cheese filling to each muffin cup. I dollop it in with a spoon and then use a couple of fingers and press down the tops to smooth them out. Top with desired toppings.
4. Cover the pan and return to the freezer for 15-20 minutes or the refrigerator for at least an hour to set up.

