



Formerly The Verde Valley Senior Center

November 2025 Dining Room Menu

500 E. Cherry Street, Cottonwood

www.verdevalleyseiorcenter.org

Phone: (928) 634-5450

Dining Room: 60+ Senior Subsidized Meal Contribution \$6.00. Under 60 Non-subsidized Meal \$10.00.

TO-GO MEALS: Fresh or Frozen \$10.00 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
3) Teriyaki Chicken w/ Oriental Veggies Sticky Rice Stir-Fry Veg Pineapple Chunks	4) Eggplant Parm Casserole w/ Onions, Peppers, Mushrooms, Tomatoes & Mozz Sauteed Spinach Ambrosia Fruit Salad	5) Bratwurst on Bun w/ Kraut, Onion, Cheese Roasted Squash Medley German Potato Salad Fresh Banana	6) Tortellini w/ Bolognese Sauce Garlic Bread Italian Blend Veggies Fresh Salad w/ Carrots Sliced Pears	7) Shrimp Fajitas w/ Peppers, Onions, Flour Tortilla Hot Black Bean & Corn Salad Mango Salsa
10) Chicken Patty Sandwich w/ Cheese Lettuce, Tomato, Onion, Pickle Garnish Baked Onion Rings Cold Cucumber Salad Sliced Peaches	11) CLOSED THANK YOU, VETS! 	12) Turkey Lasagna w/ Marinara Sauce Zucchini Halves Cali Blend Veggies Berries & Cream	13) Grilled Combo Grilled Cheese w/ Tomato, Green Chilis & Bacon Tomato Bisque Arugula Salad w/ Golden Beets, Apples, Mandarins Walnuts & Feta	14) Chef Salad Ham, Turkey, Cheese, Tomato & Egg over Fresh Greens Carrot Salad Black Eyed Pea Salad Mandarins w/ Craisins
17) Poor Man Swiss Steak w/ Tomatoes Mashed Potatoes Green Beans Apricot Halves	18) Manicotti w/ Alfredo Sauteed Spinach Caprese Salad Pineapple Parfait	19) Pork Stir-Fry over Brown Rice Sauteed Cabbage Asian Spinach Salad w/ Carrots, Water Chestnuts & Bean Sprouts Applesauce	20) California Chicken Sandwich w/ Bacon, Avocado & Monterey Jack Cheese Steamed Broccoli Creamy Coleslaw w/ Carrots Tropical Fruit	21) Breaded Pollock w/ White Sauce Brown Rice Steamed Broccoli Honey-Glazed Carrots Peach Oatmeal Crisp
24) Sliced Ham Steaks w/ Teriyaki Glaze Squash Halves Mashed Sweet Potatoes Side Salad w/ Carrots Fruit Cocktail	25) Stuffed Cabbage Rolls w/ Beef, Tomatoes & Rice Baby Carrots Peaches Tapioca Pudding	26) <u>Reservations & Prepayment*</u> Required Roasted Turkey! Stuffing & Mashed Potatoes w/ Gravy Green Bean Casserole Cranberry Sauce Dinner Roll Pumpkin Pie	Closed – Turkey Day! 	Closed – Holiday Weekend!

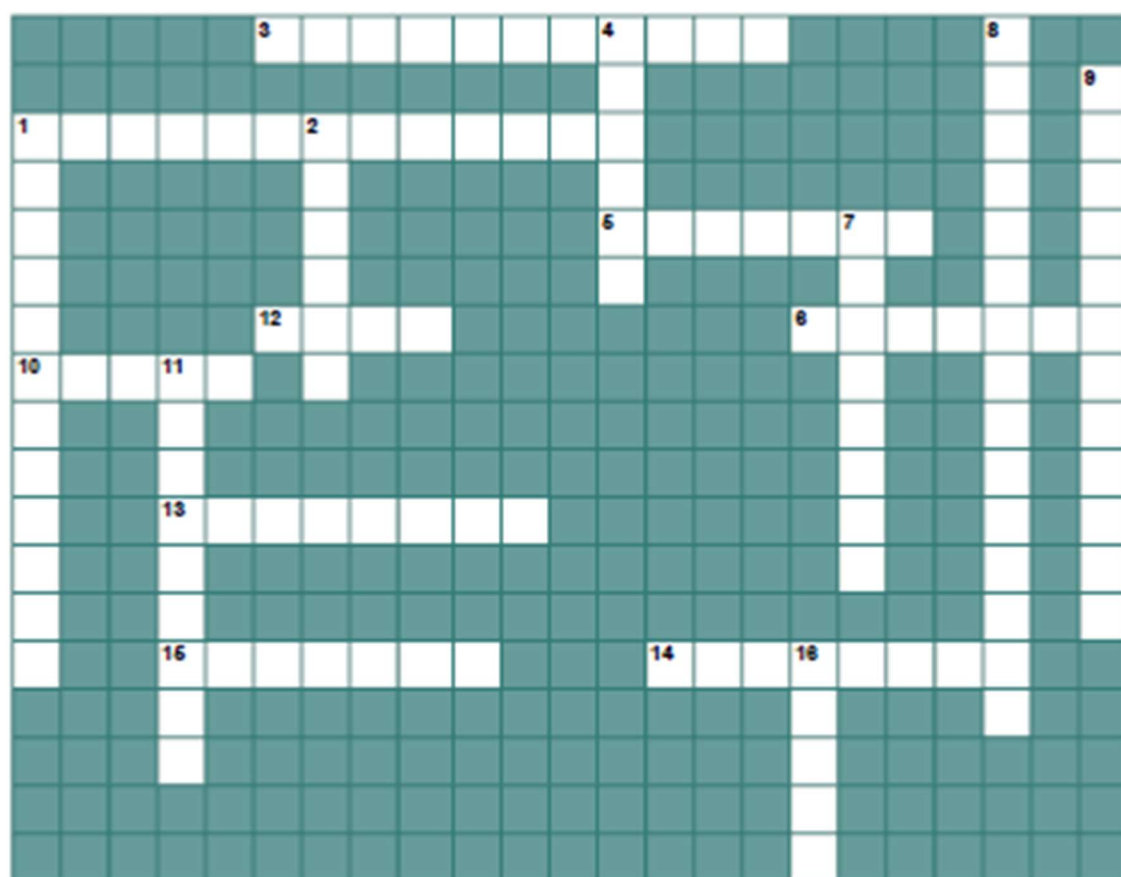
National Day of Thanksgiving: President Abraham Lincoln proclaimed a national Thanksgiving Day in 1863, and it has been celebrated annually on the fourth Thursday of November ever since.

Always Remember what you are **THANKFUL** for!

****Holiday Special Price \$15.00***

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 Crossword Puzzle



ACROSS

- High blood sugar
- A type of diabetes that only develops during pregnancy
- One of the simplest forms of sugar
- A blood glucose check if a person has not eaten for 8-12 hours (usually overnight)
- A term for fat in the body
- Take your shoes and socks off and have your doctor examine these at each visit
- Regular activity to develop and maintain physical fitness
- An organ of the body that produces insulin
- Injectable medication used to treat diabetes

DOWN

- Low blood sugar
- A spring-loaded device used to prick the skin with a small needle to obtain a drop of blood
- Type of juice commonly used to treat low blood sugar
- Carbohydrates are made up of sugars and _____
- Doctor who is a diabetes specialist
- (2 wds) A _____ meter is used to test blood sugar
- Inserting liquid medication into the body with a syringe
- People with diabetes often count these at meal times

ANSWERS: 1. Hyperglycemia, 2. Lancet, 3. Gestational, 4. Orange, 5. Starches, 6. Fasting, 7. Starches, 8. Endocrinologist, 9. Blood glucose, 10. Lipid, 11. Feet, 12. Exercise, 13. Pancreas, 14. Insulin, 15. Carbs



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