

## April 2026 Dining Room Menu

500 E. Cherry Street, Cottonwood

[www.verdevalleyseiorcenter.org](http://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
 <p>Happy Easter</p>		<b>1) Stuffed Peppers w/ Béarnaise Sauce</b> Garlic Parmesan Broccoli/ Carrot Confetti Chocolate Banana Pudding	<b>2) Gyro w/ Lettuce, Onions &amp; Tomato w/ Pita &amp; Tzatziki Sauce</b> Cucumber Salad Sweet Potato Fries Fresh Honeydew	<b>3) Easter Dinner!</b> <b>Ham Tetrazzini w/ Mushrooms &amp; Onions</b> Honey/Balsamic Glazed Baby Carrots Egg Mimosa Cheesecake w/Strawberries
<b>6) Toscana Soup w/ Kale</b> Roasted Broccoli & Carrots Caprese Salad Fruit Ambrosia	<b>7) Cowboy Casserole w/ Beef, Corn, Bacon Black Beans, Cheese &amp; Tater Tots</b> Sauteed Green Beans Pineapple w/ Raspberries	<b>8) Oven Roasted Chicken w/Carrots</b> Creamy Mashed Potatoes Broccoli Sliced peaches	<b>9) Pork Roulade w/ Spinach &amp; Mushroom Stuffing</b> Squash Blend Carrot Salad Baked Apples	<b>10) Tilapia Florentine over Spinach &amp; Rice w/ Hollandaise</b> Zucchini Halves House Salad w/ Carrots Sliced Peaches
<b>13) Chicken Wings w/ Garlic Parmesan</b> Steamed Carrot Sticks 3-Bean Bake Orange Slices	<b>14) Shredded Pork Street Tacos w/ Corn Tortillas</b> Shredded Lettuce & Tomato Hot Corn Elote Mixed Fruit Skewer	<b>15) Ham &amp; Egg Breakfast Sandwich w/ American</b> Hashbrown Patties Roasted Veggies Mixed Berry Parfait	<b>16) Manicotti w/ Pesto Cream</b> Sauteed Spinach Roasted Cali Blend Fruit Cocktail	<b>17) Creamy Chicken Gnocchi w/ Celery, Onions &amp; Carrots</b> Italian Veggies Birthday Cupcakes Apricots w/ Craisins
<b>20) Italian Chicken w/ Tomatoes &amp; Spinach over Pasta</b> Sauteed Broccoli & Carrots Vanilla Pudding w/ Peaches	<b>21) Breakfast Burrito w/ Chorizo, Potato, Egg &amp; Cheese</b> Vegetable Hash Tater Tots Fresh Grapes	<b>22) Cajun Chicken Alfredo</b> Capri Veggie Blend Garden Salad w/ Carrots Berries & Cream	<b>23) Pork Machaca Empanadas</b> Cilantro-Lime Rice Green Chili Sauce Pico De Gallo Corn, Black Bean & Onion salsa Sliced Apricots	<b>24) Po' Boy Sandwich w/ Tomatoes &amp; Remoulade on Bun</b> Southern-Style Brussels Cajun Coleslaw Pears
<b>27) Bone-In Pork Chop w/ Apple Chutney</b> Green Beans w/ Bacon Sweet Potato Casserole Applesauce	<b>28) Chicken w/ Sun-Dried Tomato Sauce, Spinach &amp; Roasted Yellow Tomatoes</b> Roasted Potatoes w/ Broccoli, Carrots, Zucchini & Mushrooms Crostini Fresh Watermelon	<b>29) Mushroom Swiss Burger</b> Lettuce, Tomato, Pickle & Onion Steamed Broccoli Baked Fries Panna Cotta w/ Cherries	<b>30) Chicken Picatta w/ Capellini Pasta</b> Honey-Glazed Baby Carrots Spinach/ Arugula Salad w/ Strawberries & Mandarins	

# Altering Recipes for Healthy Eating

Improving nutrition can turn the tide on the unacceptably high rates of diet-related diseases and deaths in the U.S., saving lives, improving quality of life, and reducing health care costs. But when you think of healthy eating, often in our minds, it equates to loss of flavor or straight up gross! But it doesn't have to be...

Depending on what your health goal is, here are some simple tips on altering your favorite recipes to make it healthier:

**1. Reduce the amount of fat and sugar:** With most recipes, you can reduce the amount of fat and sugar without losing the flavor.

- Fat – use half the butter, shortening, or oil and replace the other half with unsweetened applesauce, mashed banana, or prune puree.
- Sugar – reduce the amount of sugar by one-third to one-half. When you use less sugar, add spices such as cinnamon, cloves, allspice, and nutmeg or flavorings like vanilla extract or almond flavoring to enhance the sweetness of the food. Or use alternative sweeteners.
- Cheese – if a recipe calls for one cup shredded cheese, use half a cup instead.



**2. Make healthy substitutions**

- Use whole wheat pasta instead of white pasta.
- Try using some whole wheat flour in baked goods especially in quick breads.
- Choose a lower-fat meat, such as ground turkey, instead of ground beef. Trim off excess fat before cooking and remove skin.

**3. Leave out non-essential ingredients, such as:**

- Items you add for appearance (frosting, coconut, or nuts).
- Condiments like olives, butter, mayonnaise, syrup, and jelly



**4. Change the method of preparation**

Healthy cooking techniques such as braising, broiling, grilling, or steaming can capture the flavor without adding extra calories.

- Instead of frying in oil or butter, try baking, broiling, or poaching.
- If the directions say to baste in oil or drippings, use wine, fruit juice, vegetable juice, or fat-free vegetable broth instead.
- Use non-stick pans to reduce the amount of oil needed for cooking.



**5. Change the portion size:** No matter how much you reduce, switch, or omit ingredients, some recipes may still be too high in sugar and fat. In these cases, reduce the portion size you eat, and add other healthful choices to your meal to fill you up (steamed vegetables or fruit for dessert).