

## May 2026 Dining Room Menu-Revised 04/30/2026

500 E. Cherry Street, Cottonwood

[www.verdevalleyseiniocenter.org](http://www.verdevalleyseiniocenter.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
				<b>1) Corned Beef Hash w/ Scrambled Eggs</b> Homestyle Potatoes Garden Salad w/ Carrots Pineapple
<b>4) Spaghetti Bolognese</b> Italian Vegetables Roasted Broccoli Sliced Peaches	<b>5) Cinco de Mayo! Build your own Naco Bar w/Chips, Cheese and Taco Meat</b> Lettuce Tomatoes Cilantro Lime Sour Cream Jalapenos Salsa Mandarins w/ Craisins	<b>6) Chicken Bacon Ranch Sandwich w/ Swiss on Bun</b> Lettuce/Tomato/Onion Sweet Potato Fries Cucumber Salad Banana Pudding	<b>7) Baked Ziti w/ Italian Vegetables</b> Roasted Carrots Italian Loaded Potato Sliced Apricots	<b>8) Mother's Day! Chicken Scampi over Angel Hair Pasta</b> Haricot Verts Green Bean Medley w/ Parmesan Romaine Wedge Salad Berry Macedonia Tiramisu
<b>11) Chicken-Fried Steak w/ Gravy</b> Mashed Potatoes 5-Way Veggies Vanilla Pudding w/ Blueberries	<b>12) Tijuana Dog on Bun</b> Green Bean Salad Fiesta Corn Salad Pineapple Salad	<b>13) Split-Pea Soup w/ Ham &amp; Carrots</b> Yukon Gold Potatoes Cornbread Muffin Fresh Orange	<b>14) Swedish Beef Pasta w/ Peas, Mushrooms &amp; Carrots over Egg Noodles</b> Sauteed Cabbage Cranberry Sauce	<b>15) Chicken Enchilada Casserole</b> Refried Beans Mexican Squash Romaine & Kale Salad Tropical Fruit
<b>18) Classic Meatloaf w/ Mushroom Gravy</b> Roasted Red Potatoes w/ Carrots Sauteed Green Beans Pineapple w/ Mixed Berries	<b>19) Chicken Arrabbiata Primavera w/ Linguine</b> Roasted California Veg Apricots	<b>20) Pork Ragu over Ravioli w/Onions, Celery &amp; Carrots</b> Steamed Spinach Rice Pudding Peaches	<b>21) Chicken Fajitas w/ Peppers, Onions &amp; Flour Tortilla</b> Black Bean Corn Salsa Cucumber Salad Pears w/ Berries	<b>22) BBQ Ribs</b> Corn Mashed Sweet Potatoes Fresh Watermelon
<b>25) Closed ~ Memorial Day!</b>	<b>26) Stuffed Cabbage w/ Beef, Onions &amp; Tomatoes</b> Hutspot Mashed Potatoes Mandarins w/ Craisins	<b>27) Chicken Parmigiana Casserole</b> Roasted Carrots Brussels Sprouts Bread Pudding w/ Apples & Craisins	<b>28) Cubano Pork Sandwich on Baguette</b> Sweet Potato Fries Roasted Red Pepper Hummus Mangos	<b>29) Blackened Catfish over Brown Rice</b> Rainbow Beets Coleslaw w/ Carrots Peaches w/ Strawberries

# Eat Real Food

## New Dietary Guidelines at a Glance

We must prioritize diets built on whole, nutrient-dense foods—protein, dairy, vegetables, fruits, healthy fats, and whole grains. Paired with a dramatic reduction in highly processed foods laden with refined carbohydrates, added sugars, excess sodium, unhealthy fats, and chemical additives.

**Vegetables:** 3 or more servings a day. Eat a variety of vegetables, such as leafy greens, broccoli, carrots, peppers or cabbage, and whole fruit.

**Fruit:** 2 servings a day

Frozen, dried, or canned with no or very limited added sugars

Choose one to three servings of milk, cottage cheese, cheese, or yogurt every day; non-dairy alternatives such as soy, rice, or almond milk are fine. A serving is 8 oz. Choose yogurt with less than 2.5 grams of sugar per serving.

**Recommendation:**  
12-1.6 g/kg of body weight

From sources such as fish, skinless poultry, leaner meat, beans, lentils, nuts, tofu, and cheese; avoid processed meats such as cold cuts and bacon.



Incorporate more healthy fats such as eggs, omega-3-rich seafood, nuts, seeds, dairy, olives, and avocados. Prioritize oil with essential fatty acids like olive oil, butter, or beef tallow.

Drink mostly water. Avoid sugary or dyed drinks.

**Recommendation:** 2-4 servings per day. Prioritize fiber-rich whole grains, such as brown rice, whole-wheat pasta, barley, quinoa, oats or whole-wheat bread,. Limit refined carbohydrates like white bread, white rice, flour tortillas, and crackers.

### Protein Sources

- Cottage cheese - 14g
- Greek yogurt - 12-18g
- Lentils (½ cup) - 9g
- Beans (½ cup) - 8g
- Quinoa (½ cup) - 8 g
- Milk - 8g
- Meat - 7g/oz
- Peanut butter - 7g
- Cheese - 7g/oz
- Egg - 6g
- Hummus (¼ cup) - 5g
- Yogurt - 5g
- Nuts - 4-6g
- Tofu - 3g
- Whole grain bread - 3g
- Whole grain pasta/rice - 3g

### Healthy Snack Ideas

- 1 cup Greek yogurt + ½ cup blueberries
- ¼ cup (small handful) of unsalted nuts
- ¼ cup hummus + vegetables (carrots, bell peppers, or sugar snap peas)
- ½ whole wheat bagel + 2 Tablespoons natural nut butter