

MAY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 	1 Chicken Noodle Soup Saltine Crackers Mandarin Long Beans Spring Salad w/Chic Peas and Olives, Cake	2 Mac 'N Cheese Herbed Broccoli w/Parm Green Bean Almandine Coleslaw w/Raisins Chilled Pears w/Fresh Mint	3 Pepper Steak w/Onions Black Beans 'N Corn Squash Medley w/Tomatoes House Salad w/Cucumber Apple Cinnamon Crumble	4 Pulled Pork on WG Bun Baked Beans w/Molasses Green Bean Almandine Coleslaw w/Pineapple Vanilla Ice Cream	5 CINCO DE MAYO Fish Tacos MexiCali Corn Fiesta Beans Cabbage Salad w/Pineapple Vanilla Pudding w/Caramel	
7 	8 Creamy Chicken Fettuccini Garlic Squash Medley Garlic Toast Spinach Salad w/tomatoes Peaches 'N Cream	9 Ron Cooks Seasoned Chicken Breast Garlic Mash Potatoes w/Cream Hot Herb Buttered Corn House Salad Red Seedless Grapes	10 Peggy's Own Creamy Cod & Corn Chowder Soup Crackers Steamed Broccoli Crowns Rustic Tropical Fruit Salad Lemon Sherbet	11 Beef/Chkn Enchiladas RESTAURANT DAY FEATURING EL RINCON MexiCali Corn, Herbed Beans Radish Salad, Pineapple Chunks	12 RON AT THE GRILL Cheese Burger w/WG Bun Buttered Corn Steak Fries Burger Veggies Apple Pie	
14 Mother's Day 	15 Hot Herbal Tea Turkey & Avocado Finger Sandwiches Tomato Bisque & Crackers Fruit Cottage Chs on Spg Mix Grapes & Strawberries	16 Grass Fed Beef Patty Melt on Rye w/Grilled Onion & Swiss Steak Fries, Green Beans Kosher Pickle, tomato slice Strawberry Ice cream	17 Pink Lemonade BBQ St. Louis Style Pork Ribs Steak Fries Collard Greens Strawberry Walnut Salad Chilled Fruit Chunks	18 RESTURANT DAY FEATURING GERARDO'S Italian Pasta Dish House Salad, Chilled Fruit	19 Tuna Salad Sandwich on WG Country Potato Salad Three Bean Salad Cran Pineapple on Greens Fresh Strawberries 'N Cream	
21 	22 Old Fashioned Pot Roast Potatoes, Carrots, Onions Succotash Garden Salad Chilled Fruit Chunks	23 RESTURANT DAY FEATURING POCO DIABLO House Salad Grapes	24 Sweet 'N Sour Pork Saffron Rice, Squash Medley with Peppers and Pineapple Mandarin Salad w/Red Onion Green Tea Ice Cream	25 RESTURANT DAY FEATURING OAK CREEK BREWERY & GRILL House Salad, Chilled Fruit	26 Victoria Gets Cooking Oven Roasted Chicken Hot Buttered Corn Herb Buttered Green Beans Cottage Cheese, Spinach, Pineapple Salad, Cake	27 
	29 Memorial Day 	30 Peggy's Special Chili w/cheese & onion Rustic Corn Bread Coleslaw w/Raisins & Pineapple Sherbet Ice Cream	31 Baked Cod Rice Pilaf Seasoned Asparagus Tips House Salad w/Orange Wedge Lemon Squares			

4 April 2017

S	M	T	W	T
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

5 June 2017

F	S	S	M	T	W	T	F	S
7	8		4	5	6	7	8	9
14	15		11	12	13	14	15	16
21	22		18	19	20	21	22	23
28	29		25	26	27	28	29	30

Menus are prepared low fat, low salt and low sugar, include 2% milk, coffee or tea - subject to change based upon availability of food items. Our services are partially funded by NACOG-AAA, DES, ALTCS and City of Sedona and meet the Older Americans Act. **Leftovers may NOT be removed from the Center.** Suggested contribution for people over 60 is \$5, others \$6. Additional contributions would be greatly appreciated. **To reserve your meal a day in advance, or for those interested in volunteering, call 928-282-2834. Please be seated by 12:00 Noon.**