











# Sedona Community Center



## JULY 2017

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.**

### INTRODUCING VEGETARIAN FRIDAYS

	<p><b>3 FROZEN MEALS</b> Bratwurst w/WG Bun Topped w/Grilled Onion French Fries, Steamed Greens Pineapple Coleslaw Chilled Tropical Fruit</p>	<p><b>4 Independence Day</b> </p>	<p><b>5</b> Open Faced Turkey Sandwich on WG Bread w/Gravy Mash Potatoes, Steamed Veggies Spinach Salad Mandarin Jello Ambrosia</p>	<p><b>6</b> Meatloaf Garlic Mash Potatoes California Blend Veggies WG Roll, Garden Salad Apple Pie</p>	<p><b>7 Vegetarian</b> Stuffed Peppers with Mushrooms and Rice Squash Medley w/Tomatoes WG Roll, Garden Salad Mandarins on Sherbet</p>																																																																																																		
	<p><b>10</b> Skillet Potatoes, Ham, Peppers, Onion Green Beans Corn Bread Spinach Mandarin Salad Plums</p>	<p><b>11</b> Asian Baked Cod Saffron Rice Steamed Long Beans Asian Coleslaw Orange Jello w/Fruit</p>	<p><b>12</b> Herb Roasted Chicken Breast Rosemary Red Potatoes Steamed Broccoli, WG Roll Confetti Salad w/Pineapple Watermelon</p>	<p><b>13 RESTAURANT DAY FEATURING EL RINCON</b> SW Radish Salad Butterscotch Pudding</p>	<p><b>14 Vegetarian</b> Spinach Quiche Stewed Tomatoes, WG Bread Green Bean Almondine House Salad w/Baby Corn Ice Cream &amp; Fruit</p>																																																																																																		
	<p><b>17</b> Peggy's Special Recipe Poached Curry Chicken w/Creamy Curry Sauce Saffron Rice, Peas 'n Carrots Cucumber Tomato Salad Pineapple Chunks w/Sherbet</p>	<p><b>18</b> Tuna Salad on Pita Bread Minestrone Soup Saltine Crackers w/Butter Radish Salad Watermelon</p>	<p><b>19</b> BBQ Pulled Pork Sandwich on WG Bun, Buttered Corn w/Peppers Cole-slaw w/Cranberries Grapes</p>	<p><b>20 RESTURANT DAY FEATURING GERARDO'S</b> House Salad Spumoni</p>	<p><b>21 Vegetarian</b> Enchilada Casserole Spanish Rice Pinto Beans SW Salad w/Corn, Red Onion Tropical Fruit</p>																																																																																																		
<p><b>23 Parents' Day</b> </p>	<p><b>24</b> Pork Chop Suey, Oriental Veggies, Celery, Bean Sprouts Egg Roll, Chow Mein Noodles Spinach, Tomatoes, Chic Peas Mandarin Salad, Almond Cookie</p>	<p><b>25 RESTURANT DAY FEATURING POCO DIABLO</b> House Salad Grapes</p>	<p><b>26</b> Salisbury Steakw/Mush Gravy Roasted Potatoes Carrots and Peas Summertime Zucchini Salad Cinnamon Ginger Peaches</p>	<p><b>27</b> Chicken Teriyaki Oriental Veggies Stir Fried Rice Mandarin Salad Fortune Cookie</p>	<p><b>28 Vegetarian</b> Cheesy Basil Lasagna Parm Topped Garlic Bread Italian Blend Veggies Mediterranean Salad Yogurt &amp; Fruit</p>																																																																																																		
<p><b>30</b> </p>	<p><b>31</b> Green Chili Enchiladas with Beef, Onions, Black Olives Black Ranch Beans, MexiCali Corn SW Style Cucumber Salad Vanilla Pudding w/Fruit</p>	<table border="1"> <thead> <tr> <th colspan="7">June 2017</th> <th colspan="7">August 2017</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td> <td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td> </tr> <tr> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> <td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td> </tr> <tr> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> <td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td> </tr> <tr> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> <td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td> </tr> <tr> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td> <td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td> </tr> </tbody> </table>			June 2017							August 2017							S	M	T	W	T	F	S	S	M	T	W	T	F	S					1	2	3			1	2	3	4	5	4	5	6	7	8	9	10	6	7	8	9	10	11	12	11	12	13	14	15	16	17	13	14	15	16	17	18	19	18	19	20	21	22	23	24	20	21	22	23	24	25	26	25	26	27	28	29	30		27	28	29	30	31			<p>Calendars by Vertex42.com © 2013 Vertex42 LLC. Free to print. <a href="#">Printable Calendars</a></p> <p>2017 Templates <span style="float: right;">2018 Templates</span></p>
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