

Sedona Community Center



**ALL AGES
WELCOME**

AUGUST 2017

	Monday	Tuesday	Wednesday	Thursday	Vegetarian Friday	Saturday																																																																																																									
		1 Chili Cheese Dog on WG Bun Catalina Blend Veggies Wedge Fries Coleslaw Chilled Pineapple Chunks	2 Chicken & Peaches Rice Pilaf Broccoli Crowns Caesar Salad Oatmeal Cookies	3 Pulled Pork Sandwich on WG Bun Hot Buttered Corn Niblets Brussel Sprouts Coleslaw, Lemon Squares	4 Vegetarian Vegetable Lasagna w/Cheese Onion, Squash medallions Stewed Tomatoes, Texas Toast Spinach Salad w/Kalamata Olives Ice Cream with Fruit Chunks																																																																																																										
	7 Grass Fed Beef Patty w/Mushroom Gravy WG Dinner Roll Squash Medley Sweet Potato Fries House Salad, Grapes	8 Herb Roasted Chicken with Gravy Roast Russet Potatoes Stewed Tomatoes Spinach Salad Fresh Chilled Orange	9 Brats w/Peppers & Onions on WG Bun Green Beans Sweet Potato Fries Pineapple Coleslaw Vanilla Pudding	10 RESTAURANT DAY FEATURING EL RINCON SW Salad w/Radish & Corn Chilled Pineapple Chunks	11 Vegetarian Vegetable Soup Buttery Steamed Baby Carrots WG Ranch Roll Tropical Fruit Salad Ice Cream	Aug 10th El Rincon Sides: Black Ranch Beans Squash w/Onion & Herbs																																																																																																									
	14 Garlic Chicken Fettuccini Garlic Bread Green Bean Almandine House Salad, Pineapple Tidbits over Ice Cream	15 Meatloaf, WG Roll Steamed Broccoli Mash Potatoes & Gravy House Salad w/Fetta Peaches 'N Cream	16 Pork Chops 'N Apple Sauce Peas 'N Carrots Stewed Tomatoes Potato Salad Watermelon	17 RESTAURANT DAY FEATURING GERARDO'S Caesar Salad Raspberry Sherbet w/Fruit	18 Vegetarian Mac 'N Cheese Peas 'N Carrots Stewed Tomatoes Summer Salad Chilled Tropical Fruit Chunks																																																																																																										
	21 Ham 'N White Bean Soup Whole Grain Roll Onions, Peppers, Tomatoes SW Radish Salad Pineapple Coconut Ambrosia	22 RESTAURANT DAY FEATURING POCO DIABLO House Salad Grapes	23 Curried Chicken over Saffron Rice Steamed Mixed Veggies Summer Salad w/Cranberry Vanilla Ice Cream w/Pineapple	24 Dry Rubbed Country Style Ribs Hot Buttered Corn Niblets Ranch Beans w/Sage Potato Salad Watermelon	25 Vegetarian Vegetable Broccoli Stir Fry w/Bamboo Shoots, Baby Corn Eggless Fried Rice w/corn and peas Mandarin Salad Almond Cookie																																																																																																										
	28 Peggy's Special Turkey Salad Sandwich on WG Bun Dill Pickle Spear, Potato Salad Cranberry Coleslaw Berry Topped Yogurt	29 Beef Fajitas w/Peppers W Flour Tortilla, MexiCali Corn Fiesta Bean Salad Diced Cabbage & Tomatoes Chilled Apricots Halves	30 Grilled Ham 'N Cheese on Marble Rye Dill Pickle Spear Potato Salad & Coleslaw Chilled Orange	31 RESTAURANT DAY FEATURING OAK CREEK BREWERY & GRILL House Salad, Chilled Fruit																																																																																																											
3	<table border="1"> <tr><th colspan="7">July 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></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	July 2017							S	M	T	W	T	F	S						1	2	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						<table border="1"> <tr><th colspan="7">September 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></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> </table>	September 2017							S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	<p>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.</p>			
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