


Sedona Community Center



OCTOBER 2017

ALL AGES
WELCOME

ALL AGES
WELCOME

	Monday	Tuesday	Wednesday	Thursday	Friday	
	2 Teriyaki Chicken Brown Rice w/Green Onion & Quinoa Oriental Blend Veggies Pork Egg Roll w/Plum Sauce Mandarin Salad, Pineapple Chunks	3 Ham w/Pork Gravy over Mashed Potatoes Hot Buttered Corn, Green Beans House Salad Spiced Apple Muffin	4 Beef Stuffed Bell Peppers topped w/Marinara & Parm Chs Stewed Tomatoes, Wild Rice w/Peas Greek Salad w/Feta Cheese & Olives Chilled Pear Halves w/Fresh Mint	5 Victoria Cooks Batter Baked Cod Sweet Potato Fries Long Green Beans Coleslaw Cinnamon Baked Apple Wedges	6 Vegetarian Veggie Burger Patty topped with grilled onion Soft Pretzel w/Mustard Roast Acorn Squash Autumn Salad, Pumpkin Bar	7 
8	9 Columbus Day Beef Taco on WW Tortilla & Salsa, Pinto Beans MexiCali Corn Shredded Cabbage & Diced Tomato Roasted Pineapple Rings	10 Rosemary Roasted Chicken Fresh Roasted Beets, French Cut Green Beans w/Pearl Onions Farmers Salad w/Corn & Radishes Red Seedless Grapes	11 Chili Cheese Dogs on WG Bun Herb Steak Fries Hot Buttered Corn Coleslaw w/Raisins and Almonds Apricots & Mandarin Slices	12 RESTAURANT DAY FEATURING EL RINCON SW Salad w/Jicama & Corn Fresh Banana	13 Vegetarian Herb 'n Olive Oil Roasted Egg Plant Stewed Tomatoes topped w/Parm Garlic Roasted Potato Wedges Caesar Salad w/Croutons Lemon Bar with an Orange Slice	14
15	16 Turkey Sausage w/Grilled Onion on a WG Bun, Stewed Tomatoes Steamed Cabbage Nuttty Apple Salad Fudge Brownie	17 Ron Cooks Spaghetti 'N Meatballs in Marinara, topped w/Parm Chs WG Garlic Bread Squash Medley, Caesar Salad w/Croutons, Fruit Jello	18 Lemon Dijon Chicken Roasted Acorn Squash Green Bean Almandine Cottage Cheese on Bed of Lettuce Peaches 'N Cream	19 RESTURANT DAY FEATURING GERARDO'S Caesar Salad Lemon Sherbet w/pineapple	20 Vegetarian Bountiful Vegetable Soup WG Roll w/Butter Garlic Butter Button Mushrooms Garden Salad w/Quinoa Peanut Butter Apple Muffin	21
22	23 Etta Cooks Ossobuco made w/Beef Shank and lots of vegetables WG Roll w/Butter, Edamame Beans House Salad w/Chick Peas Peaches 'N Berries	24 United Nations Day RESTURANT DAY FEATURING POCO DIABLO House Salad w/fruit Vanilla Pudding	25 Beef Tips over Noodles w/Brown Mushroom Gravy Stewed Tomatoes, Peas 'N Carrots Garden Salad w/Red Onion & Cran Oatmeal Raisin Cookies	26 RESTURANT DAY FEATURING OAK CREEK BREWERY & GRILL House Salad, Chilled Fruit	27 Vegetarian Tomato Bisque Soup Soup Crackers Grilled Cheese on Sour Dough Greek Salad w/Baby Corn, Olives, Feta Cinnamon Baked Apple Wedges	28
29 	30 Homemade Chicken Noodle Soup WG Roll w/Butter Steamed Broccoli Confetti Salad w/Cabbage Apple Muffin	31 Halloween Smooth Pumpkin Bisque Fresh Roasted Beets Green Beans w/Pearl Onions Tomato, Orange, Cranberry Salad Earthy Muffin w/Coconut Worms	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.			
5 Daylight Saving 	6	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		November 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		Calendars by Vertex42.com © 2013 Vertex42 LLC. Free to print. Printable Calendars 2017 Templates 2018 Templates