














Sedona Community Center



ALL AGES
WELCOME

NOVEMBER 2017

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WELCOME

Monday		Tuesday		Wednesday		Thursday		Friday	
  6 Country Herb Chicken w/Cornbread Stuffing Sweet Potatoes Mixed Green Salad Apple Cranberry Compote over Ice Cream	  7 Pork Chops 'N Applesauce Ginger Baby Carrots Whole Wheat Roll Cabbage Slaw Baked Cinnamon Apple Crumble	1 Ham and White Beans Soup Steamed Spinach w/Onions Corn Bread w/ Butter SW Radish Salad Chilled Fruit Cup	2 Lemon Pepper Cod Lemon Herb Wild Rice Buttery Garlic Green Beans Pineapple, cottage Cheese over Lettuce, Lemon Bar	3 Vegetarian Pasta Primavera w/Red Sauce Button Mushrooms Scampi Style Garlic Toast Bountiful Veggie Salad w/Parm		8 US FOODS SHOW Meatloaf Burger on WG Bun w/Provolone, and Marinara, Hot buttered Peas and Baby Carrots Sliced tomato, Butter Lettuce, Pickles, Chilled Fruit	9 RESTURANT DAY FEATURING EL RINCON SW Salad w/Jicama & Corn Fresh Banana	10 Sorry WE'RE CLOSED	11 Veterans Day 
 13 Country Style Pork Ribs With Peggy's Special Rub Buttery Corn Bread, Broccoli Coleslaw w/Raisins Decadent Brownie	14 Fiesta Lime Chicken Snow Peas and Broccoli Wild Rice Blend Mandarin Salad Ginger Spiced Apple Muffin	15 Fish 'N Chips, lemon wedge Malt Vinegar, Sweet Potato Fries Long Green Beans with Onion Coleslaw with Quinoa Lemon Pudding	16 RESTURANT DAY FEATURING GERARDO'S Caesar Salad Pineapple Sherbet w/pineapple	17 Vegetarian WG Mac 'N Cheese Loaded Minestrone Soup Soup Crackers, House Salad with Baby Corn and Chic Peas Chilled Orange Wedges					
19 	20 Chicken Fried Steak Garlic Mash Potatoes Catalina Blend Veggies, WG Roll w/Butter House Salad Let 'em Eat Cake!	21 Glazed Ham Succotash Broccoli Crowns w/Garlic Butter Fall Salad Surprise Apricots & Berries	22 Roast Turkey Old Fashioned Corbread Stuffing Green Bean Casserole, Cranberry Sauce, WG Roll House Salad w/Walnuts & Raisins Pumpkin Muffin	23 Thanksgiving 	24 				
 27 Chicken Fettuccini Alfredo Squash Medley Stewed Tomatoes Spinach Salad w/Cottage Cheese 'N Pineapple Little Cutie Oranges	28 RESTURANT DAY FEATURING POCO DIABLO Garden Salad Fruit Cocktail	29 Pork Roast Potatoes, Carrots, Onions WG Roll w/Butter House Salad Apple Pie	30 RESTURANT DAY FEATURING OAK CREEK BREWERY & GRILL Waldorf Salad, Chilled Fruit						

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.**

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2017 Templates

2018 Templates