

# Sedona Community Center



**ALL AGES  
WELCOME**

## JANUARY 2018

**ALL AGES  
WELCOME**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

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. Services are partially funded by NACOG-AAA, DES, ALTCS and City of Sedona and meet the Older Americans Act. **L leftovers may NOT be removed from the Center.** Suggested contribution for people 60+ is \$5, others \$6. Additional contributions are appreciated. **Call 928.282.2834 a day in advance to reserve your meal or for volunteer information. Please be seated by 12:00 Noon.**



**FRIDAYS  
WILL  
ALWAYS  
BE  
VEGETARIAN**

December 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
31						

February 2018						
S	M	T	W	T	F	S
					1	2
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			



1 New Year's Day  
**Sorry WE'RE CLOSED**

2  
BBQ Pork Ribs  
Steak Fries  
Long Green Beans  
Coleslaw  
Mandarin Ambrosia

3  
Tuna Casserole  
Green Bean Almandine  
Potatoes Au Gratin  
House Salad w/Raisins & Pineapple  
Peanut Butter Cookies

4 **Peggy's Special**  
Turkey Salad Sandwich  
w/Cranberries and Almonds  
on WG Bread, 3 Bean Salad  
Spinach Salad w/Red Onion  
Cheese Cake w/Berries

5  
WG Pasta Marinara w/Parm Chs  
Garlic Toast  
Garlic Veggies w/Chic Peas  
Caesar Salad  
Lemon Bar & Orange Wedges



8  
Chicken and Dumplings  
WG Roll w/Butter  
Peas 'N Carrots  
Garden Salad  
Mandarin Lime Jell-O

9  
Meat Loaf  
Garlic Mash Potatoes  
Asparagus Tips w/Butter  
House Salad w/Pineapple  
Fruit and Pudding Parfait

10  
Ham and White Bean Soup  
Stewed Tomatoes  
WG Crackers  
Cottage Cheese and Pineapple  
SF Vanilla Mousse

11  
**RESTAURANT DAY  
FEATURING  
EL RINCON  
Herb Rice, Pinto Beans  
Vanilla Pudding w/Pineapple**

12  
Mild Red Indian Curried  
Vegetables, Herb Rice  
Roasted Potatoes  
Garden Salad  
Coconut Pineapple Mousse



14  
15 MLK, Jr Holiday  
**Sorry WE'RE CLOSED**

16  
French Dip w/Roast Beef  
and Au Jus Broth  
Catalina Blend Veggies  
3 Bean Salad  
Fruit Topped Vanilla Pudding

17  
Grass Fed Beef  
Cheese Burger  
Wedge Fries w/Catsup  
Ranch Beans  
Sliced Onion, Pickle, tomato, Lettuce  
Fudge Brownie w/Orange Wedges

18  
**RESTURANT DAY  
FEATURING  
GERARDO'S  
Caesar Salad, Garlic Bread  
Lemon Pudding & Fruit**

19  
Tomato Provolone  
Panini on WG Bread  
Potato Leek Soup  
Steamed Broccoli  
House Salad  
Apricots



22  
Chicken Teriyaki w/Pineapple  
Oriental Vegetables  
Fortune Cookie  
Mandarin Salad  
Lime Jell-O

23  
**RESTURANT DAY  
FEATURING  
POCO DIABLO  
Garden Salad w/Seasonal Fruit  
Chocolate Pudding**

24  
Pepper Steak  
WG Bread w/Butter  
California Blend Veggies  
House Salad  
Winter Fruit Du Jour

25  
**RESTURANT DAY  
FEATURING  
OAK CREEK  
BREWERY & GRILL**

26  
Tomato Vegetable Soup  
Roasted Potatoes  
Whole Grain Crackers w/Butter  
Fruit Salad w/Walnuts  
Fudge Brownie



29  
Creamy Curry Chicken  
Rice Pilaf  
Fresh Roasted Beets  
Spinach Salad with Feta Cheese  
Pineapple Coconut Yogurt

30  
Pulled Pork Stew  
w/Carrots, Peas, Red Potatoes  
WW Crackers, Stewed Tomatoes  
Mixed Greens Salad w/Fruit  
Oatmeal Raisin Cookie

31  
Swedish Meatballs  
in Gravy over WW Noodles  
Steamed Broccoli  
Greek Salad w/Spinach, Blue Berries  
on Shaved White Chocolate Mousse

