

# Sedona Community Center



ALL AGES  
WELCOME

## FEBRUARY 2018

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WELCOME

Monday










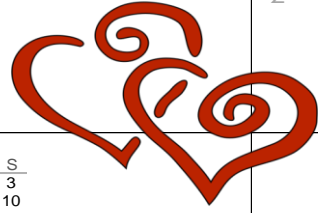
Tuesday

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. **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.**

<p>4</p> 	<p>5</p> <p>Pork Chops 'N Apple Sauce Fresh Roasted Beets Potatoes Au Gratin Spinach w/Cottage Cheese and Pineapple, Oatmeal Raisin Cookie</p>	<p>6</p> <p>Chicken Teriyaki Burger on WG Bun. w/Pineapple Ring Long Grain Rice Pilaf Mandarin Green Beans House Salad, Almond Mousse</p>	<p>7</p> <p>Pepperoni Pizza Stewed Tomatoes 'N Peppers Green Beans, Mushrooms &amp; Onions Greek Spinach Salad w/Feta Berry and Pudding Parfait</p>	<p>8</p> <p><b>RESTAURANT DAY FEATURING EL RINCON</b> Spinach Rice, Pinto Beans Cucumber Salad, Orange Wedges</p>	<p>9</p> <p><b>2 Groundhog Day</b> Avocado, Tomato and Cheese Sandwich on WG Bread Potato Salad, Pickle Spear Loaded Garden Salad w/Cranberries Fruit Cup</p>	<p><b>FRIDAYS WILL ALWAYS BE VEGETARIAN</b></p> 
<p>12</p> 	<p>12</p> <p>Cod w/Lemon Caper Butter Sauce Long Grain Herb Rice w/Quinoa Oriental Vegetables w/Sesame Seeds Salad w/Chic Peas, Tomato, Red Onion Lemon Poppy Seed Muffins</p>	<p>13 <b>Mardi Gras</b> Chicken Shepherd's Pie Steamed Veggie Blend WG Roll w/Butter, Salad with Cranberry, Red Onion &amp; Cucumber w/Parm Cheese, Seasonal Fruit</p>	<p>14 <b>Valentine's Day</b>  Beef Burgundy Tips Over WG Noodles Catalina Blend Veggies Tomato Cucumber Salad Chocolate Cake w/Berries</p>	<p>15</p> <p><b>RESTAURANT DAY FEATURING GERARDO'S</b> Caesar Salad, Garlic Bread Lemon Pudding w/Pineapple Chunks</p>	<p>16 <b>Chinese New Year</b> Vegetarian Chow Mein w/Bean Sprouts, chic peas, noodles Veg Egg Roll, Fortune Cookie Plum sauce, Steamed Cabbage Mandarin Salad, Lemon Mousse</p>	<p>24</p> 
<p>18</p> 	<p>19 <b>Presidents' Day</b></p> 	<p>20</p> <p>Spaghetti &amp; Meatballs w/Fresh Basil &amp; Parm Cheese Garlic Toast, Asparagus Tips Caesar Salad Lemon Bar w/Orange Wedges</p>	<p>21</p> <p>Salmon in Butter Caper Sauce Baked Potato Garlic Roasted Brussels Sprouts Farm Style Salad w/Corn Peach Cobbler</p>	<p>22</p> <p><b>RESTAURANT DAY FEATURING OAK CREEK BREWERY &amp; GRILL</b> House Salad w/Quinoa, Ambrosia</p>	<p>23</p> <p>Vegetarian Lasagna Italian Blend Veggies Garlic Parmesan Toast Greek Salad w/Kalamata Olives and Feta Cheese, Fruit Tart</p>	<p>3</p> 
<p>25</p> 	<p>26</p> <p>Beef Chili Cheese Baked Potato Corn Bread w/Honey 'N Butter Steamed Broccoli Crowns Antipasti Salad w/Red Onion and Artichoke, Chunky Pineapple Jello</p>	<p>27</p> <p><b>RESTAURANT DAY FEATURING POCO DIABLO</b> Garden Salad w/Seasonal Fruit Chocolate Pudding</p>	<p>28</p> <p>Ham &amp; White Bean Soup Steamed Zucchini w/Onion &amp; Garlic WG Artisan Bread for Dipping Ranch Salad w/Corn, Radish and Red Onion, Fruit Filled Peach Muffin</p>	<p>1</p>  <p>2</p> <p>3</p> <p>Calendars by Vertex42.com © 2017 Vertex42 LLC. Free to print. <a href="#">Printable Calendars</a></p> <p>2018 Templates      2019 Templates</p>		