

Sedona Community Center



March 2023

Monday	Tuesday	Wednesday	Thursday	Meatless Friday's
 <i>St. Patrick's Day</i>	National Nutrition Month	1 Chili Relleno Casserole Pinto Beans Stewed Tomatoes WW Tortilla Tropical Fruit	2 Ham & Cheese Omelet Potatoes O'Brien Stewed Tomatoes Citrus Salad Banana Muffin	3 Potato & Mushroom Casserole CA Blend Veggies Dinner Roll Green Salad Fruit Medley
6 Rosemary Chicken Wild Rice Pilaf Mixed Vegetables Spinach Salad Strawberry Shortcake	7 Spaghetti Italian Blend Veg. Cooked Spinach House Salad Pudding	8 Beef Fajitas Peppers and onions Black Beans Tortilla chips with Pico Tropical Fruit	9 Hearty Chicken Noodle Soup Broccoli House Salad Peaches	10 Herb Crusted Fish Rice Pilaf Zucchini House Salad Lemon Cake
13 Navajo Taco Pinto Beans Mexicali Corn Shredded Romaine, tomatoes Apricots	14 Biscuits & Gravy Scrambled eggs Bell Peppers and Onions Tomato Slices Cookies	15 Pork Chops Rice Pilaf Pease & Carrots House Salad Cooked Apple Slices	16 Chicken Fried Steak Roasted Potatoes Green Beans House Salad Fruit Cocktail	17 St. Patrick's Day Corned Beef Potatoes Cabbage and Carrots House Salad Green Velvet Cake
20- 1st day of Spring Cheeseburger W/bun Sweet Potato Fries Veggie Coleslaw Orange Slices	21 Chicken Brown Rice Peas House Salad Pineapple upside-down cake	22 Beef Stew WW Biscuit Green Salad Grapes	23 Cheese Ravioli Zucchini Garlic Bread House Salad Pudding	24 Restaurant Partner El Rincon.... Cheese Enchiladas!
27 Chicken Cacciatore Pasta CA Vegetable Blend House Salad Brownies	28 Bratwurst on bun Sauerkraut Baked Beans House Salad Jell-O with fruit	29 Chicken Quesadilla Black Beans Salsa & Sour Cream House Salad Vanilla Cinnamon Cake	30 Roast Beef & Gravy Mashed Potatoes Roasted Carrots House Salad Fruit Salad	31 Tuna Casserole Spinach Dinner Roll House Salad Pears

For our daily in-house lunch guests, a suggested contribution for people 60 and over is \$5.00.

For all others a \$7.00 payment is required. Reservations - please call 928-282-2834.

Meals are prepared with low fat, low salt, and low sugar. All meals include 2% milk.

Services are funded by the Older American's Act, SSBG funds and the State of Arizona. Funding is allocated on a regional basis from the Arizona Department of Economic Security, Division of Aging and Adult (DAAS) to NACOG Aging.

Menu is subject to change based upon available food items. Thank You!