



Sedona Community Center



May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1 Almond Chicken Brown Fried Rice Broccoli Cabbage Salad Coconut Cake	2 Tuna Casserole with Peas Sweet Potatoes House Salad Grapes	3 Bratwurst Oven Fries Mixed Veggies Spinach Salad Strawberries	4 Salisbury Steak Egg Noodles Vegetables House Salad Apples	5 Cinco de Mayo Tacos Refried Beans Spanish Rice Lettuce and Pico Key Lime Pie
8 Meatloaf & Gravy Mashed Potatoes Green Beans House Salad Ambrosia	9 Baked Fish Butternut Squash Green Peas House Salad Pears	10 Spinach Quiche Hash Browns Bell Peppers, Tomatoes, Onions Banana	11 Philly Steak & Cheese Oven Fries Carrots House Salad Melon Medley	12 Asian Chicken Chow Mein Noodles Broccoli House Salad Mandarin Oranges
15 Stuffed Peppers Cauliflower Squash Peaches Cookies	16 Chicken Alfredo Broccoli Garlic Bread House Salad Strawberry Cake	17 Enchiladas Black Beans Spanish Rice Lettuce & Pico Apricots	18 BBQ Chicken Sandwich Tator Tots Cucumber Tomato Salad Sherbert	19 Pepper Steak Potatoes Asparagus House Salad Angel Food Cake
22 Lasagna Summer Squash Garlic Bread Caesar Salad Peaches and Cream	23 BBQ Pork Ribs Sweet Potato Fries Cauliflower House Salad Pineapple	24 Fish and Chips Glazed Carrots Coleslaw Mixed Berries	25 Shepherd's Pie Mixed Vegetables Dinner Roll Green Salad Banana Bread	26 Restaurant Partner El Rincon
29 ~ CLOSED. 	30 Hamburger Pickles Lettuce & Tomato Baked Beans Potato Salad Watermelon	31 Chef Salad Peaches Brownie	<u>May is:</u> Arthritis Celiac Disease Melanoma Health Month	

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!