



JULY 2024



Daily in-house lunch guests 60 & over ~ \$7 suggested contribution for NACOG Clients, \$7 payment for non-NACOG, all others a \$10 required payment. **Reservations ~ please call 928-282-2834 the day prior.** Services funded by the Older Americans Act, SSBG funds, and the State of Arizona. Funding is allocated on a regional basis from AZDES, DAAS to NACOG Aging. Menu subject to change based on available food items. THANK YOU!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Fish Tacos Shredded Cabbage House Salad Apricots	2) Chicken Parmesan Yellow Squash Breadstick Mixed Berries	3) Bacon Cheeseburger w/ Bun Lettuce & Tomato Potato Chips Watermelon		5) CLOSED
8) Beef Broccoli w/ Stir Fry Brown Rice House Salad Chocolate Cake	9) Taco Salad Black Beans Tortilla Chips Tropical Fruit	10) Quiche w/ Spinach & Tomatoes Roasted Potatoes Peppers & Onions House Salad Banana	11) Pork Roast & Gravy Potatoes Roasted Carrots House Salad Brownie	12) Tuna Salad in a Pita Lettuce & Tomato Pasta Salad Grapes
15) Baked Ziti Squash Medley House Salad Fruit Cocktail	16) Philly Cheesesteak Peppers & Onions Oven Fries House Salad Birthday Cake	17) Baked Chicken Potatoes Peas House Salad Watermelon	18) Sloppy Joes w/bun Veggies Macaroni Salad Peach Cobbler	19) Chicken Teriyaki Brown Fried Rice Stir-fry Vegetables Green Salad Fortune Cookies
22) Swedish Meatballs over Egg Noodles Green Beans House Salad Applesauce	23) Fiesta Lime Chicken Cilantro Lime Rice Black Beans House Salad Tropical Fruit	24) Chef Salad WW Breadsticks Watermelon Pudding	25) Bratwurst Oven Fries Sauerkraut Spinach Salad Berries	Restaurant Partner El Rincon <i>Cheese Enchiladas, Rice, Beans, House Salad, Dessert</i>
29) Chicken Fried Steak Mashed Potatoes Peas and Carrots House Salad Strawberries	30) Ham Sandwich BBQ Chips Caesar Salad Fruit Salad	31) Chicken Burrito Pinto Beans Lettuce, Tomato, Olives Banana Bread		Just for Fun 7/17: National Hot Dog Day 7/23: National Day of the Cowboy 7/30: National Cheesecake Day

July Word Search!

S L S I M G U J L A V V G N B R M A V Z W O L P
 U M V Q A P I W C V G O X M O S Q U I T O S Y D
 N P P M E T N U A H G U W A M H J K S S N Y S S
 B T B G R L R S M Z W A I C V E M Y K E B W X A
 U U A L C D Y W P W U G Y V R M N R E V H W F N
 R Y B C E J D I F W M O A D N V O R Q N S H E D
 N S C E C O S M I N I X H O G W C B P E P C P A
 A I O S I O R M R P F X I L E S R G O J M A X L
 Q R D O S H W I E B E T W R N V P Q P E N E E S
 Z V S Q N O O N R O A Y I U G B J R S W N B K S
 K J H A R S O G L C V F S A O H D Z I N N V P E
 L V A E K Y X T A L G P Y S S V N H C N V B G R
 Q W D G F C D V S G F L Z P A H H K L V K A N U
 E C E M E O E X C A M P I N G B V E E L R L I T
 T K P X Q M M Q P A A Y Z A E R R X N O O C E A
 U W H U Y I S E E R T X N G W O G T T S J J N R
 F Q N S O C I O A E Z I P V K E N T N A E C O E
 H J E P L H R L E K O M H I I Z H D Y S T M L P
 K K Z Y Q I W V K A A L P Z J V R H S E A P L M
 L Z I U Z G G D Y L G D W D F R D A R P Z G W E
 P B N X S A D H O T S A F K R T R T P C T H O T
 I D H P A N H D R W T D N E P G P U P M T F X T
 D L L U K H Z T X E U N L K X E A I U S X B C Z
 C K A Y W Y P S R S C S O S W A E R Z N A W G L

temperature	fireworks	ice cream	mosquitos	sprinkler
sunscreen	campfire	michigan	popsicle	swimming
vacation	camping	sandals	sunburn	beach
grass	ocean	shade	trees	water
lake				

Sedona Community Center ~ **Meals on Wheels**
 Please Call us at **928-282-2834** if you know you are not
 going to be home for a meal delivery.
 We ask that you call us as soon as you know, or before
 9:30am on the day you won't be there.

Baked Summer Squash and Zucchini

Ingredients

3 pounds zucchini or yellow squash or a combination of both, sliced
 1/4 cup (1/2 stick) butter, melted, divided
 1/2 cup chopped onion
 2 eggs, lightly beaten
 1 tablespoon sugar
 1 teaspoon salt
 1/2 teaspoon freshly ground black pepper
 1 cup fresh breadcrumbs

Instructions

- Boil or steam squash until tender. Drain, lightly mash, and set aside.
- Preheat oven to 375°F. Butter a 2-quart casserole.
- In a bowl, combine squash with half of the melted butter, onions, eggs, sugar, salt, and pepper. Place mixture in prepared casserole.
- In a separate bowl, combine breadcrumbs with remaining butter and sprinkle over squash.

Bake for 45 minutes and serve hot.