





Sedona Community Center
 2615 Melody Lane
 West Sedona
www.sccsedona.org
 928-282-2834

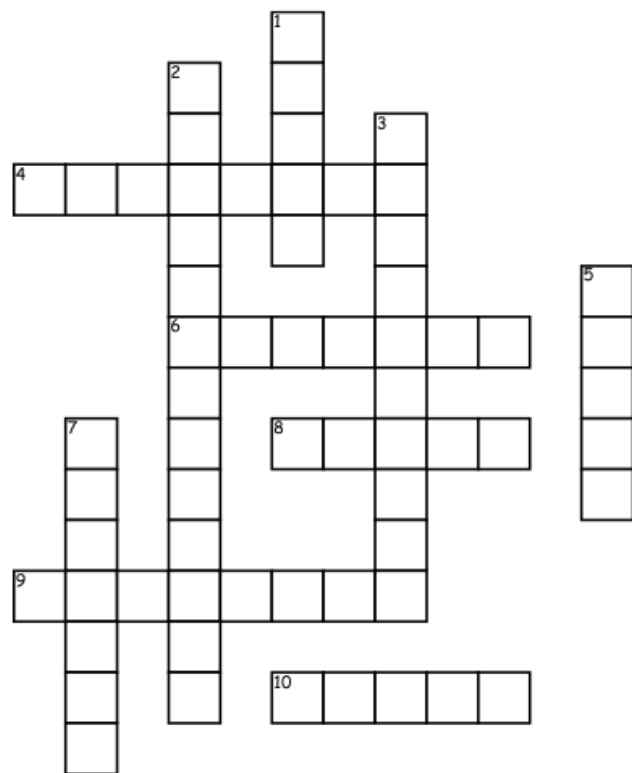
APRIL 2026

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 Aaia. Menu subject to change based on available food items. THANK YOU!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
6) Salisbury Steak Brown Rice Peas & Carrots House Salad Berries	7) Baked Salmon Mashed Potatoes Broccoli House Salad Apples	1) BBQ Pork Ribs Creamed Spinach Sweet Potatoes House Salad Pineapple	2) First Day of Passover Almond Chicken Brown Rice Stir-Fry Veggies House Salad Oranges	10) Garlic Herb Chicken Couscous & Brown Rice Roasted Veggies House Salad Fruit Cocktail
13) Shepherd's Pie Veggie Blend WG Roll House Salad Fruit	14) Fiesta Chicken Black Beans Mexican Rice House Salad Lemon Squares	8) Chicken over Bow Tie Pasta Tomatoes WG Breadstick House Salad Fruit	9) Meatball Sub w/WW Bun Oven Fries Coleslaw Cookies	17) Fish & Chips Glazed Carrots Coleslaw Mixed Berries
20) Bacon Burger on WG Bun Tator Tots Lettuce, Tomato, Pickles Watermelon	21) Spaghetti & Meatballs Italian Veggies Garlic Bread House Salad Birthday Cake	15) Bratwurst w/ WG Roll Oven Fries Peppers & Onions Potato Salad Brownies	16) Mongolian Beef Noodles Stir Fry Veggies House Salad Fruit	24) Chicken Salad on Croissant Veggie Dippers Ice Cream
27) Mac & Cheese with Ham Spinach Broccoli House Salad Cookies	28) Turkey Wrap w/ Lettuce & Tomato Coleslaw Mixed Berries	22) Earth Day Turkey Pot Pie w/ Peas & Carrots Rice Pilaf House Salad Berries	23) Pepper Steak Oven Fries Mixed Veggie Coleslaw Fruit	
		29) Chef Salad Breadsticks Strawberry Shortcake	30) Sloppy Joes on WG Bun Oven Fries House Salad Honeydew Melon	

Name: _____ Date: _____

Healthy Eating



Across

4. running, sport and walking etc
6. eating your fruit and veg will make you this
8. fruit and
9. found in meat, fish and eggs
10. gala or granny smith

Down

1. 1 of your 5 a day
2. starches found in fruit and veg
3. they grow in the ground
5. you drink it
7. they are orange

Meals on Wheels Clients ~ 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 home.

4 foods to stock up on in April

1. **Avocados** – April marks the beginning of avocados season in the U.S. Avocados are a source of heart-healthy fats & a great way to add heart-healthy fiber & folate to your diet.
2. **Asparagus** – This seasonal pick is a favorite among dietitians. Just 1-cup of raw asparagus provides 3 grams of fiber, 3 grams of protein & 56 micrograms of bone-strengthening vitamin K. Asparagus is also a good source of probiotic fiber.
3. **Radishes** – These tiny but mighty red, pink, & white beauties are a game changer when it comes to adding a spunky bite to your salads! A ½ cup serving of sliced raw radishes provides just 9 calories for 1 gram of filling fiber.
4. **Sweet Potatoes** – While root vegetables may be fading as the sunlight finds its way in, that doesn't mean pantry staples, like sweet potatoes, don't still have a place in your kitchen. According to the USDA, 1 cup of cubed sweet potatoes provides 3 grams of filling fiber and is an excellent source of vitamin A.

Having a well-stocked kitchen can help you meet your nutritional needs when time is tight and meal-prep determination fades. While seasonal produce picks, like avocados, asparagus & radishes in April, will bring fresh flavor to your kitchen, other foods, such as sweet potatoes- as well as frozen and canned veggies- are also great additions to your culinary arsenal. Pair these superstars together to make tasty, nutritious meals come to life!