

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Bacon Cheeseburgers On WW Bun Tator Tots Lettuce & Tomato Brownies	4 BBQ Chicken Mac & Cheese Veggie House Salad Fruit	5 Green Chili Pork Burrito Refried Beans Veggie House Salad Fruit	6 Orange Chicken Brown Rice Stir Fry Veggies Asian Pasta Salad Fortune Cookies	7 Meatball Sub on a WW Bun Oven Fries House Salad Sliced Peaches
10 Turkey Casserole Sweet Potatoes Dinner Roll House Salad Peaches	11 Chicken Salad on Croissant Veggie Dippers Breadstick Banana Pudding	12 Beef Tacos Spanish Rice Black Beans Lettuce & Tomato Lemon Bars	13 Fettuccine Alfredo w/ Broccoli Cooked Spinach Garlic Bread Caesar Salad Ice Cream	14 Pork Cutlets Mashed Potatoes Carrots House Salad Fruit
17 Mongolian Beef Noodles Stir Fry Vegetables House Salad Mandarin Oranges	18 Spaghetti w/ Meat Sauce Italian Blend Vegetables Garlic Bread Caesar Salad Birthday Cake	19 Chicken Pot Pie Creamed Spinach Dinner Roll House Salad Chocolate Pudding	20 Chef Salad WW Crackers Melon Medley	21 Salisbury Steak Mashed Potatoes Green Beans House Salad Mixed Berries
24 Pulled Pork Sandwich Yams Potato Salad Strawberry Shortcake	25 Pasta Primavera w/Italian Sausage Breadstick House Salad Angel Food Cake	26 Roast Beef Wrap Spinach & Strawberry Salad Potato Chips Cookies	27 Roasted Turkey Garlic Parmesan Rice Veggies House Salad Fruit Medley	28 Fish & Chips Veggie Coleslaw Lemon Bars
31 End of the Summer Luau Hawaiian Ham Roasted Potatoes Hawaiian Veggies House Salad Pineapple Upside Down Cake	 Arrr-gust: International Pirate month	National Sandwich Month 		AUGUST IS NATIONAL Wellness MONTH 

Name: _____ Date: _____

Sandwiches

Across

2. a fried ham and cheese sandwich

4. a hot sandwich consisting of thinly sliced roast beef on a "French roll" or baguette.

9. This sandwich is sometimes called a hero or hoagie

12. a greek sandwich served in a pita

15. sandwich, originating in Chicago, composed of thin slices of seasoned roast beef, simmered and served au jus on a long Italian-style roll.

16. This layered sandwich is made with turkey, bacon, L&T

17. A frankfurter

Down

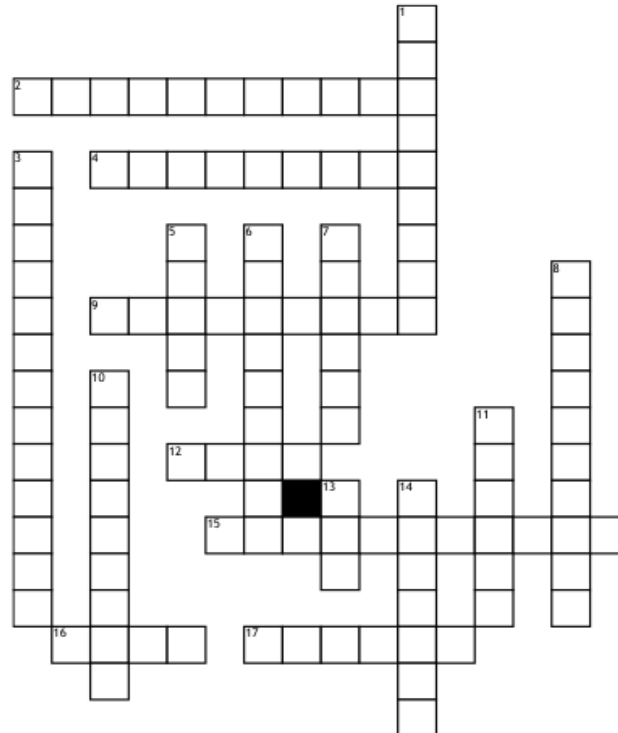
1. a sandwich with a filling of ground beef that has been seasoned with a sauce of tomatoes and spices.

3. This american favorite tastes great with tomato soup

5. sandwich from Louisiana. It almost always consists of meat, which is usually roast beef or fried seafood, often shrimp, crawfish, fish, oysters or crab.

6. Popular street food of germany

7. Miniature hamburger



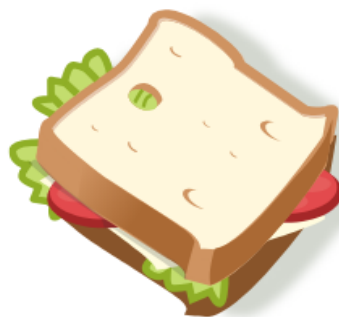
8. Wimpy would consume these at a ferocious rate but could rarely pay for his habit.

10. Hamburger prepared on grilled rye bread with grilled onions and cheese

11. sandwich composed of corned beef, Swiss cheese, sauerkraut, and Russian dressing, grilled between slices of rye bread.

13. Thos is short for Bacon lettuce and Tom

14. this sandwich is named after a character in the comic strip blndie



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.

Great Zucchini Bread

Ingredients:

- 3 eggs
- 2 cups of sugar
- 1 cup vegetable oil
- 2 cups coarsely grated zucchini
- 1 tbsp vanilla extract
- 3 cups all-purpose flour
- 1 tsp salt
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tbsp cinnamon
- 1 cup coarsely chopped walnuts (optional)

Instructions:

- Preheat oven to 350 degrees. Grease two 9x5x3 inch loaf pans. In a large bowl, beat eggs until light & fluffy. Add sugar, oil, zucchini, & vanilla extract. Mix lightly until well blended.
- In separate bowl, combine flour, salt, baking powder, baking soda, and cinnamon, mix well. Then stir flour mixture into egg-zucchini mixture until well blended. Fold in nuts, if using.
- Divide batter evenly between the two pans and bake for 1 hour, or until a knife or toothpick inserted in middle comes out clean. Butter and Enjoy!