

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



JUNE 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	
1	Green Chili Pork Burrito Mexicali Rice Pinto Beans House Salad Fruit	2	Antipasto Salad Pita Bread Apple Slices	3	Shepherd's Pie Veggie Blend Cheddar Biscuit House Salad Pineapple	4	Almond Chicken Brown Rice Stir-Fry Veggies House Salad Oranges	5	Baked Ziti Squash Medley Garlic Bread House Salad Fruit
8	Salisbury Steak Mashed Potatoes Carrots House Salad Mixed Berries	9	Taco Casserole Rice Black Beans House Salad Fruit	10	Chicken Parmesan WG Pasta Broccoli House Salad Fruit	11	Open Faced Roast Beef Sandwich Potatoes Green Beans House Salad Berries	12	Chef Salad WG Breadsticks Strawberries
15	Spaghetti & Meatballs Italian Veggie Blend Garlic Bread Caesar Salad Fruit	16	Fiesta Lime Chicken Cilantro Lime Rice Mexicali Corn House Salad Birthday Cake	17	Mongolian Beef Noodles Stir Fry Veggies House Salad Fruit	18	Chicken Pasta Salad Strawberry, Spinach, Feta Breadsticks Cookies	19	Spinach & Tomato Quiche Hash Browns Peppers & Onion Cottage Cheese Banana Bread
22	Cheeseburger on WG Bun Pickles, Tomato, Lettuce Oven Fries Ice Cream	23	Chicken Quesadilla Black Beans Spanish Rice Lettuce & Tomato Melon Medley	24	Chicken Fried Steak Mashed Potatoes Veggie House Salad Brownies	25	Chicken Salad on Croissant Veggie Dippers Fruit	26	Meatball Sub Oven Fries Veggie House Salad Fruit
29	<i>Full Strawberry Moon</i> Cheese & Spinach Ravioli Veggies Garlic Breadstick House Salad Fruit	30	BLT & Cheese Wrap w/Romaine & Tomato Potato Chips Cookies						

Name: _____

Date: _____

SUMMER IS HERE



Word Search



Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.

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

- BARBECUE
- BEACH
- COCONUT
- CRAB
- FLIP-FLOPS
- FRISBEE
- HAMMOCK
- HOT
- ICE CREAM
- KITE
- LIFEGUARD
- OCEAN
- PALM TREE
- PICNIC
- POOL
- POPSICLE
- SAILBOAT
- SANDCASTLE
- SEASHELLS
- SNORKEL
- SUN
- SUNGLASSES

- TOWEL
- VACATION
- WATERMELON
- WAVES



- SUNSHINE
- SURFBOARD
- SWIM
- SWIMSUIT



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.

The Best Fruit Muffins

They really are — the best, that is. Be sure to use regular sour cream, not low-fat or nonfat — it makes all the difference in the taste. For fruit, try apples, peaches, blueberries, strawberries, raisins (and nuts), or even candied ginger.

Ingredients:

- 1 cup white sugar
- 1 egg
- 1 cup sour cream
- 1/4 cup vegetable oil
- 1-3/4 cups all-purpose white flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup diced fresh fruit

Instructions:

Preheat the oven to 400 degrees F. Grease 12 muffin cups.
In a food processor, combine the sugar, egg, sour cream, and oil. Pulse until well blended. In a separate bowl, combine the flour, soda, and salt. Add to the food processor and pulse just to blend. Stir in the fruit. Spoon the mixture into the muffin cups, filling them three-quarters full. Bake for 20 minutes or until a tester inserted in the center comes out clean.