

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



March 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
2) Beef Stroganoff w/ Noodles Green Peas House Salad Fruit	3) Chicken Fried Steak Mashed Potatoes Veggie Mix House Salad Fruit	4) Oven Roasted Turkey Mashed Potatoes Cornbread Stuffing House Salad Apple Pie	5) Fiesta Chicken Spanish Rice Black Beans House Salad Brownie	6) Spinach & Cheese Ravioli Squash Medley Garlic Bread House Salad Fruit
9) Meatloaf Potatoes Squash House Salad Fruit	10) Chicken Teriyaki Brown Fried Rice Stir-fry Veggies House Salad Fruit	11) Spaghetti Bolognese Italian Blend Veggies Garlic Bread House Salad Fruit	12) Baked Ham Scalloped Potatoes Carrots House Salad Bread Pudding	13) Loaded Baked Potato Soup 2 packages Oyster Crackers House Salad Brownie
16) Tacos in Soft Tortilla Pinto Beans Tortilla Chips & Salsa House Salad Ice Cream	17) Happy St. Patrick's Day! Corned Beef & Cabbage Carrots & Potatoes Soda Bread Mint Chocolate Brownie 	18) Chicken Alfredo CA Veggie Blend Breadstick House Salad Fruit	19) Salisbury Steak Mashed Potatoes Mixed Veggie House Salad Fruit	20) First Day of Spring Baked Cod Wild Rice Pilaf Butternut Squash House Salad Fruit
23) Turkey Club Sandwich Potato Chips Pickles House Salad Cookies	24) Lasagna Squash Medley Italian Bread House Salad Fruit	25) Herb Baked Chicken Couscous Green Beans House Salad Fruit	26) Opening Day -Baseball Polish Sausage on Roll Oven Fries Baked Beans Coleslaw Ice Cream 	27) Restaurant Partner El Rincon
30) Chicken Parmesan Italian Veggie Breadstick House Salad Lemon Bars	31) Stuffed Peppers Veggies Dinner Roll House Salad Citrus			

Nutrition Word Search

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

MINERALS	FAT	VITAMINS	NUTRIENTS	PROTEIN
WATER	DIETARY FIBRE	GRAINS	CHOLESTEROL	DIGESTION
MEAT	FRUIT	DEFICIENCY	DAIRY	CARBOHYDRATE

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.

Healthy Eating Doesn't Equal Expensive

Eating healthy – lots of fruits and veggies, lean protein, whole grains – doesn't
 have to be more expensive. If you shop smart and plan, you'll be surprised at
 how much goodness you can find without breaking the bank. The reality is,
 many of those ready-made, super-fast, prepackaged foods actually cost more
 than homemade foods. They also tend to have more calories and saturated
 fats, sodium and added sugars. There IS power in taking charge of your health!

Planning ahead is the key to success-

~ Rotating Menu

- Plan out 1- or 2-week cycles of healthy meals. Go through cookbooks and search online for favorite healthy recipes. Don't be afraid to try new things!

~Shop Smart!

- Keep an eye out for specials and join store rewards programs. You'll be more aware of what's on sale and able to work it into your meal planning. Stock up on frozen vegetables when it's on sale.
- Use online grocery pick-up, it helps you to stick to your list and you're not tempted to grab unnecessary items.
- Always buy fresh fruits and vegetables when in season and on sale.

~Homemade TV Dinners

- Cook over the weekend and store in pre-portioned meals in the fridge or freezer. Just thaw and reheat for hassle-free lunches and dinners.

~Practice Makes Perfect. Don't give up! Putting a new healthy routine in place
 doesn't happen overnight! Make healthy changes one step at a time!