

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

MAY 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 BBQ Chicken Mashed Potatoes Carrots House Salad Fruit
4 Ravioli's CA Veggie Blend Garlic Bread Caesar Salad Oranges	5 Cinco de Mayo Carne Asada Tacos Mexicali Rice Tortilla Chips Lettuce & Tomato Surprise Dessert	6 Pulled Pork Sandwich Oven Fries Veggie Coleslaw Watermelon	7 Chicken & Broccoli Alfredo Mixed Veggies Garlic Bread House Salad Mixed Berries	8 Roast Beef Sandwich Chips Lettuce & Tomato Watermelon
11 Chicken a la King w/ Peas & Carrots Egg Noodles House Salad Fruit	12 Beef & Broccoli Stir Fry Veggies Brown Rice House Salad Fortune Cookies	13 Stuffed Peppers Stewed Tomatoes Mixed Veggie House Salad Fruit	14 NO IN HOUSE LUNCH TODAY Bean & Turkey Burrito Black Beans Spanish Rice House Salad Fruit	15 NO IN HOUSE LUNCH TODAY Chicken Fried Steak Mashed Potatoes Mixed Veggie House Salad Fruit
18 Orange Chicken Brown Rice Stir Fry Veggies House Salad Fortune Cookies	19 Meatloaf Mashed Potatoes Green Beans House Salad Birthday Cake	20 Chicken Cacciatore w/ Pasta Squash Medley Garlic Bread House Salad Applesauce	21 Ham & Cheese Wrap w/ Lettuce & Tomatoes Potato Chips Cookies	22 <i>Restaurant Partner</i> <i>El Rincon</i>
25 	26 Italian Sausage on Roll Peppers & Onions Tator Tots House Salad Watermelon	27 Teriyaki Chicken Brown Rice Stir Fry Veggies House Salad Fruit	28 Lasagna Zucchini WG Garlic Bread Caesar Salad Jell-O w/Fruit	29 Cheeseburger on Bun Baked Beans Potato Salad Ice Cream Sandwiches

Eat Real Food

New Dietary Guidelines at a Glance

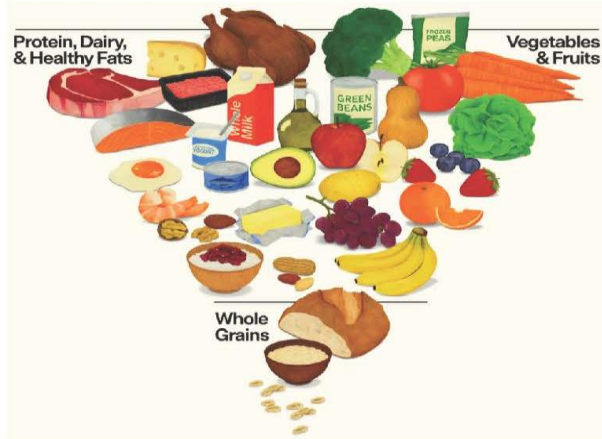
We must prioritize diets built on whole, nutrient-dense foods—protein, dairy, vegetables, fruits, healthy fats, and whole grains. Paired with a dramatic reduction in highly processed foods laden with refined carbohydrates, added sugars, excess sodium, unhealthy fats, and chemical additives.

Vegetables: 3 or more servings a day. Eat a variety of vegetables, such as leafy greens, broccoli, carrots, peppers or cabbage, and whole fruit.

Fruit: 2 servings a day
Frozen, dried, or canned with no or very limited added sugars

Choose one to three servings of milk, cottage cheese, cheese, or yogurt every day; non-dairy alternatives such as soy, rice, or almond milk are fine. A serving is 8 oz. Choose yogurt with less than 2.5 grams of sugar per serving.

Recommendation:
1.2-1.6 g/kg of body weight
From sources such as fish, skinless poultry, leaner meat, beans, lentils, nuts, tofu, and cheese; avoid processed meats such as cold cuts and bacon.



Incorporate more healthy fats such as eggs, omega-3-rich seafood, nuts, seeds, dairy, olives, and avocados. Prioritize oil with essential fatty acids like olive oil, butter, or beef tallow.

Drink mostly water. Avoid sugary or dyed drinks.

Recommendation: 2-4 servings per day. Prioritize fiber-rich whole grains, such as brown rice, whole-wheat pasta, barley, quinoa, oats or whole-wheat bread,. Limit refined carbohydrates like white bread, white rice, flour tortillas, and crackers.

Protein Sources

- Cottage cheese - 14g
- Greek yogurt - 12-18g
- Lentils (½ cup) - 9g
- Beans (½ cup) - 8g
- Quinoa (½ cup) - 8g
- Milk - 8g
- Meat - 7g/oz
- Peanut butter - 7g
- Cheese - 7g/oz
- Egg - 6g
- Hummus (¼ cup) - 5g
- Yogurt - 5g
- Nuts - 4-6g
- Tofu - 3g
- Whole grain bread - 3g
- Whole grain pasta/rice - 3g

Healthy Snack Ideas

- 1 cup Greek yogurt + ½ cup blueberries
- ¼ cup (small handful) of unsalted nuts
- ¼ cup hummus + vegetables (carrots, bell peppers, or sugar snap peas)
- ½ whole wheat bagel + 2 Tablespoons natural nut butter

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.

Chicken Spinach Salad

This refreshingly tangy chicken spinach salad with oranges, dates, and goat cheese is just right for a summer lunch with friends or a great addition to family dinner. The goat cheese and oranges are perfect partners, and the greens can be adjusted to your taste. Arugula makes a fine substitute for spinach, if desired.

Ingredients

- 12 cups baby spinach, rinsed and spun dry
- 2 navel oranges, peeled, sectioned, and sliced into chunks
- ¼ cup roughly chopped dried dates
- ¼ cup thawed frozen orange juice concentrate
- 2 tablespoons rice vinegar
- 1 tablespoon Dijon mustard
- 12 ounces boneless, skinless chicken breast, cut into bite-sized chunks
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- Kosher or sea salt and freshly ground black pepper, to taste
- 3 ounces aged goat cheese, crumbled

Instructions: Place spinach, oranges, and dates in a large salad bowl; set aside. In a small bowl, whisk together orange juice concentrate, vinegar, and mustard; set aside. In a large nonstick skillet over medium-high heat, sauté chicken in oil for about 3 minutes. Add garlic and sauté for 2 minutes more. Stir in juice concentrate mixture and cook about 3 minutes. Season with salt and pepper. Spoon warm chicken mixture over salad and gently toss to mix. Portion salad onto dinner plates and top with crumbled goat cheese.