

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
 <p>ARMED FORCES DAY</p>	 <p>CINCO DE MAYO</p>	 <p>NATIONAL MARITIME DAY</p>	 <p>Happy Mother's Day</p>	<p>1</p> <p>BBQ Chicken Mashed Potatoes Carrots House Salad Fruit</p>
<p>4</p> <p>Ravioli's CA Veggie Blend Garlic Bread Caesar Salad Oranges</p>	<p>5</p> <p>Cinco de Mayo Carne Asada Tacos Mexicali Rice Tortilla Chips Lettuce & Tomato Surprise Dessert</p>	<p>6</p> <p>Pulled Pork Sandwich Oven Fries Veggie Coleslaw Watermelon</p>	<p>7</p> <p>Chicken & Broccoli Alfredo Mixed Veggies Garlic Bread House Salad Mixed Berries</p>	<p>8</p> <p>Roast Beef Sandwich Chips Lettuce & Tomato Watermelon</p>
<p>11</p> <p>Chicken a la King w/ Peas & Carrots Egg Noodles House Salad Fruit</p>	<p>12</p> <p>Beef & Broccoli Stir Fry Veggies Brown Rice House Salad Fortune Cookies</p>	<p>13</p> <p>Stuffed Peppers Stewed Tomatoes Mixed Veggie House Salad Fruit</p>	<p>14</p> <p>Bean & Turkey Burrito Black Beans Spanish Rice House Salad Fruit</p>	<p>15</p> <p>Chicken Fried Steak Mashed Potatoes Mixed Veggie House Salad Fruit</p>
<p>18</p> <p>Orange Chicken Brown Rice Stir Fry Veggies House Salad Fortune Cookies</p>	<p>19</p> <p>Meatloaf Mashed Potatoes Green Beans House Salad Birthday Cake</p>	<p>20</p> <p>Chicken Cacciatore w/ Pasta Squash Medley Garlic Bread House Salad Applesauce</p>	<p>21</p> <p>Ham & Cheese Wrap w/ Lettuce & Tomatoes Potato Chips Cookies</p>	<p>22</p> <p><i>Restaurant Partner</i></p> <p><i>El Rincon</i></p>
<p>25</p>  <p>IN HONOR OF Memorial Day WE WILL BE CLOSED</p>	<p>26</p> <p>Italian Sausage on Roll Peppers & Onions Tator Tots House Salad Watermelon</p>	<p>27</p> <p>Teriyaki Chicken Brown Rice Stir Fry Veggies House Salad Fruit</p>	<p>28</p> <p>Lasagna Zucchini WG Garlic Bread Caesar Salad Jell-O w/Fruit</p>	<p>29</p> <p>Cheeseburger on Bun Baked Beans Potato Salad Ice Cream Sandwiches</p>

Eat Real Food

New Dietary Guidelines at a Glance

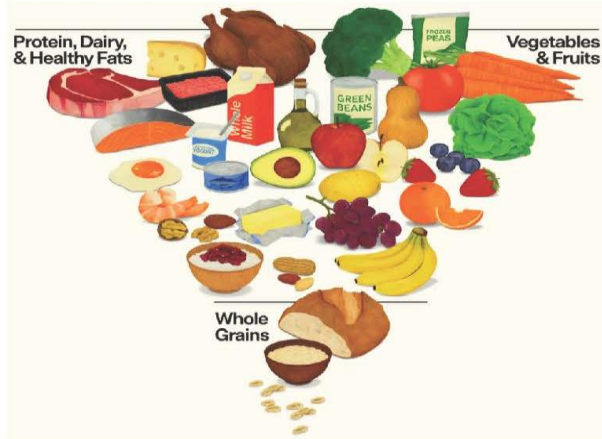
We must prioritize diets built on whole, nutrient-dense foods—protein, dairy, vegetables, fruits, healthy fats, and whole grains. Paired with a dramatic reduction in highly processed foods laden with refined carbohydrates, added sugars, excess sodium, unhealthy fats, and chemical additives.

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.