

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

OCTOBER 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 Aging. Menu subject to change based on available food items.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	October is: National Adopt a Shelter Dog AND National Dessert Month		1 Open Face Turkey Sandwich w/Gravy Potatoes Au Gratin House Salad Pineapple	2 Chicken Teriyaki Brown Fried Rice Stir Fry Veggies House Salad Orange Slices
5 Baked Ziti Italian Veggie Garlic Bread House Salad Fruit	6 Baked Potato w/ Chili & Cheese Veggie House Salad Apple Crisp	7 Pork Roast & Gravy Red Potatoes Roasted Carrots House Salad Fruit	8 BBQ Chicken Sandwich Oven Fries Carrots House Salad Brownies	9 Taco Casserole Mexicali Rice Black Beans House Salad Bread Pudding
12 CLOSED 	13 Cheeseburger on WW Bun Oven Potatoes Lettuce, Tomato, Onion Macaroni Salad Cookies	14 Chicken Pot Pie Sweet Potatoes House Salad Applesauce	15 Lasagna Veggie Blend Garlic Bread Caesar Salad Ambrosia	16 Chicken & WW Dumplings Carrots & Peas House Salad Fruit
19 Beef Goulash w/ Onion Over Egg Noodles Mixed Veggie House Salad Fruit	20 Mediterranean Chicken Orzo w/ Zucchini & Squash Cheddar Biscuit House Salad Birthday Cake	21 Swedish Meatballs w/Egg Noodles Green Peas Butternut Squash House Salad Fruit	22 Chicken Burrito Spanish Rice Refried Beans House Salad Peach Cobbler	23 Beef Stroganoff WG Egg Noodles Green Beans House Salad Berry Medley
26 Steak & Cheese Sub Grilled Peppers & Onions Tator Tots House Salad Fruit	27 Roast Turkey w/Gravy Mashed Potatoes Green Beans House Salad Apple Pie	28 Beef Stew w/ Potatoes & Carrots Cheesy Cornbread House Salad Jell-O w/Tropical Fruit	29 Breaded Fish Wild Rice Pilaf Mixed Veggies Coleslaw Pudding	30 Happy Halloween-tomorrow Pepperoni & Cheese Pizza Veggies House Salad Spooky Dessert

Name: _____ Date: _____

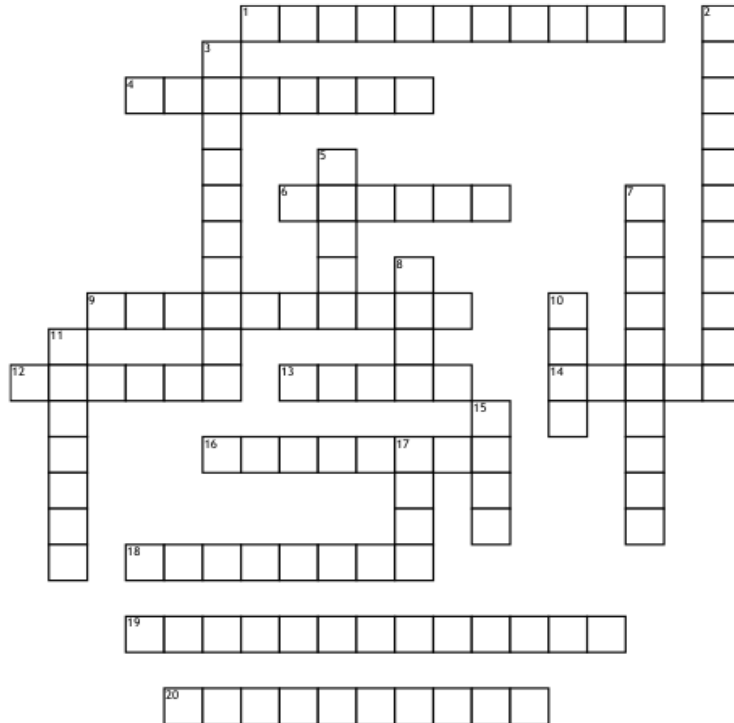
Food and Nutrition Crossword Puzzle

Across

1. Where we get most of our water
4. Worst kind of fat
6. A yellow spread that contains trans fat
9. Best kind of bread to eat
12. The amount of amino acids a person needs to consume
13. How many glasses of water should a person drink daily?
14. Another word for fat
16. A kind of protein that contains all of the essential amino acids
18. Something men need more than women
19. Where most of our energy comes from
20. A red fruit that is not a good source of carbs

Down

2. Best kind of fat that can be found in avocado
3. This fruit is made up of 92% water
5. A substance usually used as a sweetener in food
7. A kind of protein that is lacking in all the amino acids
8. A seafood that is high in protein
10. We get this from cows
11. Type of sugar
15. Comes from animals and contains saturated fat
17. A food that comes in a shell and is high in protein



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.

Apple Cider Bread

Celebrate the season with Apple Cider Bread! The apple cider with cinnamon also makes your house smell like fall!

Ingredients:

- 1 cup butter
- 1 ½ cups sugar
- 3 eggs
- 4 cups flour
- 1 ½ tbs baking powder
- 1 ½ tsp salt
- 2 ½ tsp cinnamon
- 2 cups apple cider
- 2 cups apples ~ peeled, cored, chopped

Instructions:

1. Preheat oven to 375, grease and flour 2 loaf pans
2. In bowl, combine butter & 1 ¼ cups sugar and beat until creamy. Add eggs, mix thoroughly.
3. Sift together flour, baking powder, salt and 1 ½ tsps. Cinnamon, add to egg mixture, alternating with the apple cider. Stir in chopped apples.
4. Divide batter into the loaf pans
5. Combine remaining sugar with remaining teaspoon of cinnamon in small bowl, sprinkle over batter.
6. Bake 50 to 70 minutes or until toothpick inserted comes out clean.