

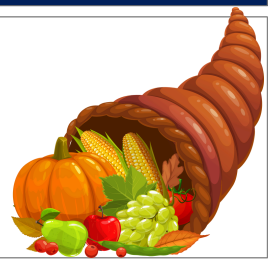
Banner Olive Branch Senior Center MENU | November 2025

All Meals are Low Sodium and Prepared Fresh Daily in our Kitchen.

Thank you to our partner



***Fruit & milk provided with all meals.**

MON	TUE	WED	THU	FRI
Banner Olive Branch Senior Center 13049 N 103rd Ave. Sun City, AZ 85351 623-465-6000	LUNCH - \$5 (Suggested donation for age 60 & older) 11am - 12pm GUEST LUNCH - \$5 (Under age 60)	BREAKFAST - \$5 6:30 – 8:30am TO-GO MEAL - \$5 11am - 12pm BROWN BAG LUNCH - \$5 (Sandwich, Chips, Fruit)	  	
3 Creamy Chicken & Broccoli, Normandy Mix, Whole Wheat Bisquit 	4 Mexican Style Pork Strips (Cumin, Mexican Oregano, Spanish Paprika), Cilantro Brown Rice, Roasted Cauliflower, Capri Mix Vegetable 	5 Beef and Mushroom in Gravy, Mashed Potatoes, Carrots, Whole Wheat Roll 	6 Cheese Ravioli in Sundried Tomato Cream Sauce, Spinach, Normandy Mix Vegetable 	7 Autumn Chicken Salad Made w/Kale, Mixed Greens, Apples, Cranberries, Goat Cheese, Pumpkin and Butternut Squash, Balsamic Vin. Dressing, Fig Bar 
10 Beef Goulash, Horseradish Mashed Potatoes, Broccoli, Whole Wheat Roll 	11 Chicken Stroganoff, Cauliflower, Bermuda Mix Vegetables 	12 Pork Chop w/Parmesan Mustard Sauce, Brown Rice Pilaf, Italian Green Beans, Normandy Mix Veg 	13 Salisbury Steak/w Gravy, Roasted Potatoes, Peas & Carrots, Cornbread 	14 Citrus Salmon Salad Made w/Arugula and Romaine, Beets, and Mandarin Oranges, Lemon Vinigrette, Fig Bar 
17 Chicken Kiev, 5-way Blend Veg, Chef's Choice Veg, Fig Bar 	18 Ginger Ground Pork, Brown Rice, Snow Peas, Carrots 	19 Steak Tacos on Whole Wheat Tortillas, Corn, Peppers, Onions, Pinto Beans 	20 Shrimp Scampi w/Penne in Tomato Wine Sauce, Broccoli, Cauliflower 	21 <u>HOLIDAY MEAL</u> Turkey w/Gravy, Mashed Potatoes, Roasted Carrots, Whole Wheat Roll, Cranberry Sauce, Pumpkin Pie 
24 Paprika Pork, Caramelized Onion Mashed Potatoes, Italian Mix Veg, Whole Wheat Roll 	25 White Bean Quinoa Bowl Made with Spinach, Chickpeas, and Carrots 	26 Italian Pot Roast w/Mushroom Barley Risotto, Roasted Brussel Sprouts, Scandinavian Mix 	27 	28 

**The photos on our menu represent the food served and may not match the meal exactly.*

hello NOVEMBER MON	TUE	WED	THU	FRI
ROOM KEY GREEN BLUE GREY PURPLE PINK ORANGE MOVIE ROOM EXERCISE ROOM COMPUTER LAB CONFERENCE RM WELLNESS ROOM DINING ROOM 2ND FLR 2ND FLR 2ND FLR 2ND FLR 1ST FLR 1ST FLR	ACTIVITIES WITH A BLACK ASTERISK * REQUIRE SIGN-UP IN-PERSON OR BY CALLING 623-465-6015			Gobble TIL YOU Wobble
3 10-11 Banner Health Network* <i>Medicare Review Seminar</i> 10-11:30 Monday Menders 12-3 SHIP Medicare Enrollment* 12:30-2 Line Dance	4 10-11 Exercise 10-11 Computer Class* <i>Never Buy a Book Again</i>	5 10-10:45 BINGO 10-11 Computer Class* <i>What to Know About Gmail</i> 11-11:30 Olive Branch Tour* 11-1 1:1 Tech Time with Steve* 12:30-2 Line Dance	6 10-11 Healing with Chair Yoga* 10-11 Banner Health Network* <i>Medicare Review Seminar</i> 11-1 1:1 Online Grocery Shopping Help*	7 10-11 Exercise 12-3 Senior Advocate Program Wellness Event- ClipDarts Haircuts*; Fry's/Kroger Vaccine Clinic*
10 10-11:30 Monday Menders 11:30-3 Doing Grief* <i>Healing Circle</i> 12-3 SHIP Medicare Enrollment* 12:30-2 Line Dance	11 10-11 Exercise 10-11 Computer Class* <i>Email Fraud</i> 10-11 Banner Health Network* <i>Medicare Review Seminar</i> 12-2 Doing Grief* <i>Art Share Small Group</i>	12 10-10:45 BINGO 10-11 AARP Fraud Class* 11-11:30 Olive Branch Tour* 12:30-2 Line Dance	13 10-11 Virtual Travel* <i>The 1st Thanksgiving</i> 11-1 1:1 Online Grocery Shopping Help* 12-1:30 Doing Grief* <i>Breathe, Bless, Begin Again: Aromatherapy for the Soul</i>	14 10-11 Banner Health Network* <i>Medicare Review Seminar</i> 10-11 Exercise 12-2 Veteran's Day Event <i>Flag Ceremony and Music with Dan Reed</i>
17 10-11:30 Monday Menders 12-2 Movie-Little Women* <i>FREE POPCORN!</i> 12-3 SHIP Medicare Enrollment* 12:30-2 Line Dance	18 10-11 Exercise 10-11 Banner Health Network* <i>Medicare Review Seminar</i> 10-11:30 1:1 Cell Phone Help* <i>Sunrise Mtn. Students</i>	19 10-10:45 BINGO 10-11 Computer Class* <i>How to create a Word Doc</i> 11-11:30 Olive Branch Tour* 11-1 1:1 Tech Time with Steve* 12:30-2 Line Dance	20 10-11 Healing with Chair Yoga* 10-11 Banner Health Network* <i>Medicare Review Seminar</i> 11-1 1:1 Online Grocery Shopping Help* 12-1:30 Doing Grief* <i>Contemplative Prayer & Meditation Sampler</i>	21 10-11 Exercise
24 10-11:30 Monday Menders 12-1:30 Low Vision Social Group 12-3 SHIP Medicare Enrollment* 12:30-2 Line Dance	25 10-11 Exercise	26 10-10:45 BINGO 11-11:30 Olive Branch Tour* 12:30-2 Line Dance	27 CLOSED 	28 CLOSED 