

Banner Olive Branch Senior Center MENU | October 2025
All Meals are Low Sodium and Prepared Fresh Daily in our Kitchen.

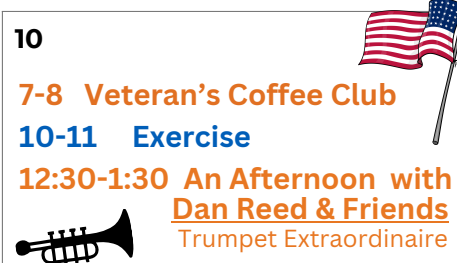
***Fruit & milk provided with all meals.**

Thank you to our partner



MON	TUE	WED	THU	FRI
Banner Olive Branch Senior Center 13049 N 103rd Ave. Sun City, AZ 85351 623-465-6000	BREAKFAST - \$5 6:30 – 8:30am TO-GO MEAL - \$5 11am - 12pm BROWN BAG LUNCH - \$5 (Sandwich, Chips, Fruit) LUNCH - \$5 (Suggested donation for age 60 & older) 11am - 12pm GUEST LUNCH - \$5 (Under age 60)	1 Pork Chop w/Parmesan Mustard Sauce, Brown Rice Pilaf, Italian Green Beans, Normandy Mix Veg	2 Salisbury Steak/w Gravy, Roasted Potatoes, Peas & Carrots, Cornbread	3 Citrus Salmon Salad Made w/Arugula and Romaine, Beets, and Mandarin Oranges, Lemon Vinigrette, Fig Bar
6 Chicken Kiev, 5-way Blend Veg, Chef's Choice Veg, Fig Bar	7 Ginger Ground Pork, Brown Rice, Snow Peas, Carrots	8 Steak Tacos on Whole Wheat Tortillas, Corn, Peppers, Onions, Pinto Beans	9 Shrimp Scampi w/Penne in Tomato Wine Sauce, Broccoli, Cauliflower	10 Chicken Fiesta Salad Made with Romaine, Cheese, Corn, Peppers, and Black Beans, Whole Grain Flat Bread, Chipotle Ranch Dressing
13 Paprika Pork, Carmelized Onion Mashed Potatoes, Italian Mix Veg, Whole Wheat Roll	14 White Bean Quinoa Bowl Made with Spinach, Chickpeas, and Carrots	15 Italian Pot Roast w/Mushroom Barley Risotto, Roasted Brussel Sprouts, Scandinavian Mix	16 Chicken Enchiladas in White Sauce, Corn Tortillas, Black Beans w/Peppers, Mexican Zucchini w/Tomatoes, Onion, Cilantro	17 Beef Stew w/Carrots, Celery, Potatoes and Peas, Cornbread
20 Parmesan Crusted Tilapia, Quinoa w/Edamame, California Blend Vegetable	21 Beef Stir-Fry w/Peppers, Snow Peas, Brown Rice	22 Greek Salad w/Chicken, Romaine, Arugula, Feta, Olives, Tomato, Cucumber, Whole Grain Flat Bread, Greek Dressing	23 Southwest Pork Chop w/Apples, Sweet Potato, Cauliflower, Whole Wheat Roll	24 Pasta w/Chicken Meatballs in Tomato Cream Sauce, Caribbean Mix, Chef's Choice Vegetable
27 Cheese Manicotti in Marinara Sauce, Italian and Bermuda Mix Vegetables	28 Red Wine Braised Chicken Thigh, Roasted Whole Potatoes, Carrots, Whole Wheat Roll	29 Pork Tamales, Spanish Rice w/Tomato's and Peppers, Zucchini	30 Korean Beef, Fried Brown Rice, Broccoli, Bean Sprouts	31 Cod in Rosemary Cream Sauce, Herb Mashed Potatoes, 5- Way Blend Vegetables, Fig Bar

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

OCTOBER MON	TUE	WED	THU	FRI
 ROOM KEY GREEN MOVIE ROOM 2ND FLR BLUE EXERCISE ROOM 2ND FLR GREY COMPUTER LAB 2ND FLR PURPLE CONFERENCE RM 2ND FLR PINK WELLNESS ROOM 1ST FLR ORANGE DINING ROOM 1ST FLR	ACTIVITIES WITH A BLACK ASTERISK * REQUIRE SIGN-UP IN-PERSON OR BY CALLING 623-465-6000	1 10-10:45 BINGO 11-11:30 Olive Branch Tour* 12:30-2 Line Dance	2 10-10:45 Healing w/Chair Yoga* 10-2 CVS-Project Health-Mobile checkup-FREE 11-1 1:1 Online Grocery Shopping Help* 12-2 Doing Grief* <i>The Healing Properties of Slow Stitch</i>	3 10-11 Exercise 10-11 Virtual Travel* <i>Gobekli Tepe-Turkey</i>
6 9:30-12:30 ClipDarts Haircuts* 10-11:30 Monday Menders 12:30-2 Line Dance 	7 10-11 Exercise 12-3 Doing Grief* <i>Grief Support</i>	8 10-10:45 BINGO 11-11:30 Olive Branch Tour* 12:30-2 Line Dance 	9 10-11 YouTube 101* 11-1 1:1 Online Grocery Shopping Help*	10 7-8 Veteran's Coffee Club 10-11 Exercise 12:30-1:30 An Afternoon with Dan Reed & Friends Trumpet Extraordinaire 
13 10-11:30 Monday Menders 11:30-3 Doing Grief* <i>Healing Circle</i> 12:30-2 Line Dance	14 10-11 Exercise 10-11 Banner Health Network* Medicare Review Seminar 12-3 Doing Grief* <i>Grief Support</i>	15 10-10:45 BINGO 10-11 Title Fraud* Maricopa Cty Recorder's Office 11-11:30 Olive Branch Tour* 12:30-2 Line Dance	16 10-10:45 Healing w/Chair Yoga* 11-1 1:1 Online Grocery Shopping Help*	17  10-11 Exercise 10-11 Banner Health Network* Medicare Review Seminar
20 10-11 Banner Health Network* Medicare Review Seminar 10-11:30 Monday Menders 12-2 Movie-* CASPER FREE POPCORN! 12:30-2 Line Dance 	21 10-11 Exercise 12-3 Doing Grief* <i>Grief Support</i>	22 10-10:45 BINGO 11-11:30 Olive Branch Tour* 12:30-2 Line Dance	23 10-11 Banner Health Network* Medicare Review Seminar 11-1 1:1 Online Grocery Shopping Help* 11-2:30 Vitalant Blood Drive* 12-1:30 Doing Grief* <i>Contemplative Prayer and Meditation</i>	24 10-11 Exercise 10-11 Virtual Travel* <i>Salem, Massachusetts</i> 1-2 Diabetes Prevention (Core Group) Sign-up Closed
27  10-11 Banner Health Network* Medicare Review Seminar 10-11:30 Monday Menders 12-1:30 Low Vision Social Group 12:30-2 Line Dance	28 10-11 Exercise 10-11:30 1:1 Cell Phone Help* <i>Sunrise Mtn. Students</i> 12-3 Doing Grief* <i>Grief Support</i>	29 10-10:45 BINGO 11-11:30 Olive Branch Tour* 12:30-2 Line Dance	30 10-11 Banner Health Network* Medicare Review Seminar 11-1 1:1 Online Grocery Shopping Help* 12-2 Doing Grief* <i>Story Circle "Belonging"</i>	31 10-11 Exercise 