

Banner Olive Branch Senior Center MENU | December 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
1 Parmesan Crusted Tilapia, Quinoa w/Edamame, California Blend Vegetable 	2 Beef Stir-Fry w/Peppers, Snow Peas, Brown Rice 	3 Greek Salad w/Chicken, Romaine, Arugula, Feta, Olives, Tomato, Cucumber, Whole Grain Flat Bread, Greek Dressing 	4 Southwest Pork Chop w/Apples, Sweet Potato, Cauliflower, Whole Wheat Roll 	5 Pasta w/Chicken Meatballs in Tomato Cream Sauce, Carribean Mix, Chef's Choice Vegetable 
8 Cheese Manicotti in Marinara Sauce, Italian and Bermuda Mix Vegetables 	9 Red Wine Braised Chicken Thigh, Roasted Whole Potatoes, Carrots, Whole Wheat Roll 	10 Pork Tamales, Spanish Rice w/Tomato's and Peppers, Zucchini 	11 HOLIDAY MEAL Roast Beef w/ Gravy, Mashed Potatoes, Green Beans, Whole Wheat Roll, Cheesecake 	12 Cod in Rosemary Cream Sauce, Herb Mashed Potatoes, 5-Way Blend Vegetables, Fig Bar 
15 Creamy Chicken & Broccoli, Normandy Mix, Whole Wheat Bisquit 	16 Mexican Style Pork Strips (Cumin, Mexican Oregano, Spanish Paprika), Cilantro Brown Rice, Roasted Cauliflower, Capri Mix Vegetable 	17 Beef and Mushroom in Gravy, Mashed Potatoes, Carrots, Whole Wheat Roll 	18 Cheese Ravioli in Sundried Tomato Cream Sauce, Spinach, Normandy Mix Vegetable 	19 Autumn Chicken Salad Made w/Kale, Mixed Greens, Apples, Cranberries, Goat Cheese, Pumpkin and Butternut Squash, Balsamic Vin. Dressing, Fig Bar 
22 Beef Goulash with Pasta, Horseradish Mashed Potatoes, Broccoli 	23 Chicken Stroganoff, Cauliflower, Bermuda Mix Vegetables 	24 Pork Chop w/Parmesan Mustard Sauce, Brown Rice Pilaf, Italian Green Beans, Normandy Mix Veg 	25 	26 Citrus Salmon Salad Made w/Arugula and Romaine, Beets, and Mandarin Oranges, Lemon Vinigrette, Fig Bar 
29 Chicken Kiev, 5-way Blend Veg, Chef's Choice Veg, Fig Bar 	30 Ginger Ground Pork, Brown Rice, Snow Peas, Carrots 	31 Steak Tacos on Whole Wheat Tortillas, Corn, Peppers, Onions, Pinto Beans 	30 Banner Olive Branch Senior Center 13049 N 103rd Ave. Sun City, AZ 85351 623-465-6000	
				31 BREAKFAST - \$5 6:30 - 8:30am (Suggested donation for age 60 & older) LUNCH - \$5 11am - 12pm TO-GO MEAL - \$5 11am - 12pm BROWN BAG LUNCH - \$5 (Sandwich, Chips, Fruit) GUEST LUNCH - \$5 (Under age 60)

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

 MON	TUE	WED	THU	FRI
1 9:30-12:30 ClipDarts Haircuts* 10-11 Title Fraud II* 10-11:30 Monday Menders 12-3 SHIP Medicare Enrollment* 12:30-2 Line Dance	2 10-11 Exercise 12-1 Doing Grief * Theater Play!	3 10-10:45 BINGO 10-11 Create a Budget on Excel* 11-11:30 Olive Branch Tour* 11-1 1:1 Tech Talk with Steve* 12:30-2 Line Dance	4 10-11 Healing with Chair Yoga* 10-11 Virtual Travel* Iceland/Northern Lights	5 10-11 Exercise
8 10-11 Holiday shopping on Amazon* 10-11:30 Monday Menders 12:30-2 Line Dance	9 10-11 Exercise 10-11 1:1 Cell Phone Help* Sunrise Mtn. Students 12:30-2:30 Doing Grief* Watercolor Painting	10 10-10:45 BINGO 10-11 How to Book Online Travel* 11-11:30 Olive Branch Tour* 11-1 1:1 Tech Talk with Steve* 12-1:30 Painting with Julie* Snowman 12:30-2 Line Dance	11 12-2 Doing Grief* Story Circle on Hope	12 7-8 Veteran's Coffee Club 10-11 Exercise 12:30-1:30 An Afternoon with Dan Reed & Friends Trumpet Extraordinaire
15 Hanukkah Begins 10-11 Holiday shopping on Amazon* 10-11:30 Monday Menders 12-2 Movie-It's a Wonderful Life* FREE POPCORN! 12:30-2 Line Dance	16 10-11 Exercise 10-11 Social Connection* The Solution to Isolation and Loneliness	17 10-10:45 BINGO 10-11 Tech Games-Keep your mind sharp!* 11-1 1:1 Tech Talk with Steve* 11-11:30 Olive Branch Tour* 12:30-2 Line Dance	18 10-11 Chair Yoga* 10-11 Virtual Travel* Christmas at the Biltmore #1 of the 10 Best Christmas Towns in America Little known History of Christmas 12-1 Doing Grief* Healing the Holiday Blues	19 10-11 Exercise
22  10-11:30 Monday Menders 12-1:30 Low Vision Social Group 12:30-2 Line Dance	23 10-11 Exercise	24 10-10:45 BINGO 11-11:30 Olive Branch Tour* 12:30-2 Line Dance	25  CLOSED	26  10-11 Exercise
29 10-11:30 Monday Menders 12:30-2 Line Dance	30 10-11 Exercise	31 10-10:45 BINGO 11-11:30 Olive Branch Tour* 12:30-2 Line Dance		
www.bannerhealth.com/olivebranch	www.facebook.com/OliveBranchSeniorCenter			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