

Banner Olive Branch Senior Center MENU | August 2025

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

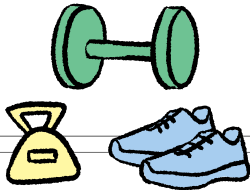
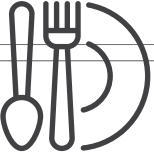
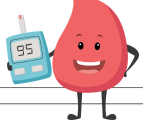
Thank you to our partner



*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)		1 Chicken Pesto Pasta Salad with Spinach, Arugula and Tomato 
4 Cheese Enchilada, Normandy Blend Vegetables, Pinto Beans with Peppers 	5 BBQ Chicken Breast, Snap Peas, Corn Bread 	6 Herb Pork Loin, Brussel Sprouts, Roasted Sweet Potatoes, Roll 	7 Beefy Mac & Cheese, Peas & Carrots, Broccoli 	8 Shrimp & Artichoke Green Salad with Tomatoes and Spinach, Fig Bar 
11 Sweet & Sour Chicken with Peppers and Onions, Oriental Blend Vegetables, Brown Rice 	12 Southwest Pulled Pork, Zucchini & Tomatoes, Spanish Brown Rice 	13 Pasta with Beef Meat Sauce, Cauliflower, Malibu Mixed Vegetables 	14 Salmon Mixed Green Salad with Spinach and Arugula, Feta, Red Onion, Asparagus, Roll 	15 Chicken Flatbread Taco, Fiesta Corn, Chef's Choice Vegetable, Cilantro Rice 
18 Braised BBQ Pork Ribs, Garden Blend Vegetables, Sweet Potato, Roll 	19 Chicken Salad Sandwich, Tomato and Cucumber, Coleslaw 	20 Burnt Ends, 5-Way Vegetable Blend, German Potato Salad, Roll 	21 Baked Cod, Capri Vegetable Blend, Steamed Potatoes, Roll 	22 Cold Steak Salad with Romaine & Spinach, Feta, Corn, Red Onion, Tomato, Rice and Quinoa 
25 Mahi Mahi with Coconut Sauce, Mandarin Stir Fry Vegetables, Brown Rice 	26 Sloppy Joe, Peas & Carrots, Potato Wedges 	27 Asian Chicken Green Salad with Kale, Brussel Sprouts and Napa Cabbage, Shredded Carrots, Edamame, Chinese Noodles, Fig Bar 	28 Pork Stroganoff with Butter Noodles, 5-Way Vegetable Blend, Chef's Choice Vegetable 	29 Chicken in Gravy, Zucchini, Normandy Blend Vegetables, Brown Rice 

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

HELLO AUGUST MON	TUE	WED	THU	FRI
Banner Olive Branch Senior Center 13049 N 103rd Ave Sun City, AZ 85351 623-465-6000	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 623-465-6000		1 10-11 Exercise 
4 9:30-12:30 ClipDarts Haircuts* 10-11:30 Monday Menders 12:30-2 Line Dance  	5 10-11 Exercise 11-3 Doing Grief* Grief Support	6 10-10:45 BINGO 11-11:30 Olive Branch Tour* 12:30-2 Line Dance 	7 10-11 Chair Yoga* 11-3 Doing Grief* Healing Circle 	8 10-11 Exercise 12:30-1:30 An Afternoon with Dan Reed & Friends Trumpet Extraordinaire 
11 10-11:30 Monday Menders 11:30-3 Doing Grief* Healing Circle 12:30-2 Line Dance  	12 10-11 Exercise 11-3 Doing Grief* Grief Support 	13 10-10:45 BINGO 11-11:30 Olive Branch Tour* 12:30-2 Line Dance	14 	15 10-11 Exercise 
18 10-11:30 Monday Menders 12-2 Movie-Dirty Dancing* FREE POPCORN! 12:30-2 Line Dance  	19 10-11 Exercise 11-3 Doing Grief* Grief Support 	20 10-10:45 BINGO 11-11:30 Olive Branch Tour* 12:30-2 Line Dance 	21 10-11 Chair Yoga* 10-11 Sun Health* Nutrition and Heart Health 	22 10-11 Exercise 1-2 Diabetes Prevention (Core Group) Sign-up Closed 
25 10-11:30 Monday Menders 12-1:30 Low Vision Social Group 12:30-2 Line Dance 	26 10-11 Exercise 11-3 Doing Grief* Grief Support	27 10-10:45 BINGO 11-11:30 Olive Branch Tour* 12:30-2 Line Dance 	28 10-11 Sun Health* Nutrition and Heart Health	29 10-11 Exercise 