




LUNCH MENU FOR THE MONTH OF JANUARY 2021

LAS VEGAS CENTER (505) 425-9139 / PECOS CENTER (505) 757-3000 / SAN MIGUEL (575) 421-9570

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 OZ 2% Milk Served with all Meals			DUE TO UNFORSEEN CIRCUMSTANCES MENU IS SUBJECT TO CHANGE	1 SENIOR CENTER CLOSED 
4	5	6	7	8
8 OZ POSOLE W/PORK 4 OZ CALABACITAS 8 OZ SALAD W/DRESSING TORTILLA 7 OZ ORANGE JELL-O WITH FRUIT	8 OZ SHEPARD'S PIE (GRND BEEF, VEGETABLES, MASHED POTATOES) 4 OZ GREEN BEANS 1 DINNER ROLL W/MARGARINE 4 OZ SUGAR FREE ICE CREAM	4 OZ TAMALES 3 OZ SPANISH RICE 3 OZ PINTO BEANS 4 OZ CORN 4 CRACKERS 4 OZ TOPIOCA PUDDING	CHICKEN FRIED STEAK 4 OZ PARSLEY POTATOES 2T WHITE GRAVY 4 OZ ZUCCHINI 1 SLICE W/W BREAD 1 OZ BROWNIE	8 OZ TUNA SALAD 1 PICKLE SPEAR 4 CRACKERS 4 OZ MIXED VEGETABLES 1 BANANA
11	12	13	14	15
3 OZ PORK CUTLETS 2 OZ GRAVY 4 OZ EGG NOODLES 6 OZ SPINACH W/ONION & TOMATOES 1 W/W ROLL SHERBERT	6 OZ CHICKEN FETTUCCINI 8 OZ CARROTS GARLIC BREAD 6 OZ SLICED PEARS YOGURT	3 OZ SLOPPY JOE ON 1 BUN 4 OZ FRIED OKRA 6 EA FRENCH FRIES 4 OZ YOGURT JELLO	4 OZ BAKED CHICKEN 4 OZ RICE PILAF 4 OZ WINTER BLEND VEGETABLES 4 OZ TOSS SALAD 1 W/W ROLL 4 OZ CHOCOLATE PUDDING	3 OZ RED CHILE CHEESE ENCHILADAS 4 OZ PINTO BEANS 8 OZ YELLOW SQUASH 1 FLOUR TORTILLA 4 OZ SWEET RICE
18 MARTIN LUTHER KING DAY	19	20	21	22
SENIOR CENTER CLOSED 	8 OZ BEEF & VEGETABLE STEW 1 CUP STEAMED RICE 1 CUP BEETS 1 BISCUIT W/1 TSP MARGARINE 1 ORANGE	8 OZ CHICKEN POT PIE (3 OZ CHICKEN, 1 OZ SAUCE, ½ C VEGETABLES) 4 OZ SALAD W/2T DRESSING AND 2 OZ CROUTONS 1 DINNER ROLL 6 OZ FRUIT SALAD	BAKED FISH SANDWICH 2T TARTAR SAUCE ON BUN 4 OZ CORN 4 OZ BROCCOLI 4 OZ APPLESAUCE	1 HOT DOG 4 OZ FRENCH FRIES 4 OZ MIXED VEGETABLES POTATO CHIPS 4 OZ PLUMS
25	26	27	28	29
8 OZ PORK STEW (PORK, POTATO, ONION, TOMATO, & GREEN CHILE) 4 OZ MEXICORN 4 OZ SPINACH TORTILLA COOKIE	1 GREEN CHILE CHEESE BURGER ON A BUN (3 OZ LETTUCE, TOMATO, AND ONION) 1 DILL PICKLE 2 OZ BAKED BEANS 4 OZ POTATO SALAD 1 APPLE	4 OZ PORK CHOP 4 OZ RICE MEDLEY 4 OZ ORIENTAL VEGETABLES 4 OZ BEETS FRUIT COCKTAIL WITH COTTAGE CHEESE	1 CHICKEN SANDWICH (3 OZ CHICKEN, 1 BUN) 4 OZ CELERY STICKS 4 OZ BROCCOLI/CHEESE 4 OZ PEACHES	6 OZ CHILE BEANS WITH CHEESE TORTILLA SQUASH 2 OZ COLESLAW 4 OZ GRAPES

BREAKFAST (LAS VEGAS ONLY): 8AM-10AM LUNCH: 11AM-12:30PM MONDAY THROUGH FRIDAY

SENIOR MEAL SUGGESTED DONATION: BREAKFAST \$1.00 – LUNCH \$1.50

NON-SENIOR (59 YEARS OR YOUNGER) MANDATORY MEAL FEE: BREAKFAST \$7.17 – LUNCH \$7.17