



# MENU FOR THE MONTH JUNE 2019

**LAS VEGAS (505)425-9139    PECOS (505)757-3000    SAN MIGUEL (505)421-9570**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>DUE TO UNFORSEEN CIRCUMSTANCES MENU IS SUBJECT TO CHANGE</b>	<b>HAPPY FATHERS DAY ON JUNE 16<sup>TH</sup> TO ALL THE GENTLEMEN OUT THERE</b>	<b>MILK SERVED WITH EVERY MEAL</b>		
<b>3                    MENU 189</b>	<b>4                    MENU 214</b>	<b>5                    MENU 415</b>	<b>6                    MENU 508</b>	<b>7                    MENU 192</b>
3 OZ SALSURRY STEAK 4 OZ AU GRATIN POTATOS 4 OZ BUTTERED PEAS DINNER ROLL 3 OZ. FRUIT COBBLER	GREEN CHILE CHICKEN ENCHILADA W/ GARNISH 4 OZ PINTO BEANS 4 OZ CALABACITA 4 CRACKERS 4 OZ FRUIT COCKTAIL	LASAGNA W/MEAT SAUCE 4 OZ. CORN 4 OZ. GREEN BEANS GARLIC TOAST 4 OZ. APPLESAUCE CAKE	GREEN CHILE PORK STEW 4 OZ. MEXICORN 4 OZ. SEASONED SPINACH TORTILLA COOKIE	SLOPPY JOE ON BUN 4 OZ. CARROTS 4 OZ. GREEN BEANS 4 OZ. CUPCAKE
<b>10                  MENU 144</b>	<b>11                  MENU 430</b>	<b>12                  MENU 105</b>	<b>13                  MENU M-EU-424-A-SC</b>	<b>14                  MENU 33</b>
GREEN CHILE CHEESEBURGER 4 OZ PORK & BEANS 4 OZ CORN 4 OZ YOGURT	OPEN FACE TURKEY SANDWICH (3 oz TURKEY ON SLICE BREAD) 4 OZ MASHED POTATOES W/ GRAVY 4 OZ PEAS 4 OZ DICED PEARS	3 OZ MEATLOAF 4 OZ AUGRATIN POTATOES 4 OZ MIXED VEGETABLES DINNER ROLL 4 OZ MANDARIN ORANGES	4 OZ. CORN CHIP (FRITO) PIE W/GARNISH 4 OZ. CALABACITAS W/ GREEN CHILE 4 OZ. BEANS 4 OZ. PUDDING	GRILLED HAM & CHEESE SANDWICH 8 OZ. VEGETABLE SOUP 4 CRACKERS 1 SMALL APPLE
<b>17                  MENU 146</b>	<b>18                  MENU 406</b>	<b>19                  MENU 221</b>	<b>20                  PASTA MENU 425</b>	<b>21                  MENU 302</b>
6 OZ. CHICKEN ADOVADA 4 OZ. SPANISH RICE 4 OZ. SPINACH TORTILLA 3 OZ. BREAD PUDDING	3 OZ BAKED FISH SQUARES 1T TARTAR SAUCE 4 OZ GREEN BEANS 4 OZ POTATO WEDGES 4 OZ. FRUIT COCKTAIL	8 OZ HAM & BEANS 4 OZ GARLIC MASHED POTATOES SLICE OF CORNBREAD 4 OZ. DICED PEARS	6 OZ. SPAGHETTI W/MEAT SAUCE 4 OZ. BROCCOLI 4 OZ. MIXED VEGETABLES DINNER ROLL 4 OZ. FRUIT COBBLER	TURKEY WRAP w 3 oz. Turkey, 5 oz. cheese/ lettuce, tomato in tortilla wrap w/ 1T Ranch dressing 4 OZ. CELERY STICKS 4 OZ. PASTA SALAD YOGURT
<b>24                  MENU 172</b>	<b>25                  MENU 220</b>	<b>26                  MENU 410</b>	<b>27                  MENU 196</b>	<b>28                  MENU 145</b>
CHICKEN FETTUCCHINI (8 oz pasta, 3 oz chicken, 2 oz Alfredo sauce) 6 OZ. PEAS & CARROTS( w/ 1T Margarine) 1 DINNER ROLL 4 OZ. DICED PEARS	3 OZ. BBQ CHICKEN 4 OZ. BUTTERED CORN 4 OZ. COLE SLAW DINNER ROLL 1 APPLE	8 OZ POSOLE W/ PORK 4 OZ SPINACH 4 OZ CALABACITAS 1 TORTILLA 1 COOKIE	6 OZ. LIVERS & ONIONS 4 OZ. MASHED POTATOES 2 oz. BROWN GRAVY 4 OZ. SLICED CUCUMBERS 4 OZ. DICED PEACHES	TUNA SALAD SANDWICH ON W/W BREAD 4 OZ. CUCUMBER/TOMATO SALAD 1 OZ. POTATO CHIPS 4 OZ. DICED PEACHES

**Breakfast 8am – 10 am**

**Lunch is at 11 am – 12:30 pm**



**Monday through Friday**

**Senior Meal Suggestion Donation: Breakfast \$1.00 – Lunch \$1.50**

**Non-Senior (59 years or younger) Mandatory Meal Fee: Breakfast \$7.69 – Lunch \$7.69**

# MENU FOR THE MONTH JUNE 2019

**LAS VEGAS (505)425-9139    PECOS (505)757-3000 SAN MIGUEL (505)421-9570**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LAS VEGAS BREAKFAST MENU</b>		<b>MILK SERVED WITH EVERY MEAL</b>	 <small>shutterstock · 48191455</small>	<b>DUE TO UNFORSEEN CIRCUMSTANCES MENU IS SUBJECT TO CHANGE</b>
3	4	5	6	7
<b>EGG &amp; CHEESE BURRITO (1 OZ CHEESE, 3 OZ SCRAMBLED EGG, 2 OZ GREEN CHILE, 2 OZ DICED ONION ON FLOUR TORTILLA)</b>	<b>2 OZ, PEANUT BUTTER, 1 TSP JELLY ON ½ SLICE TOAST 4 OZ CEREAL</b>	<b>3 OZ. SCRAMBLED EGG 2 SAUSAGES SLICE TOAST</b>	<b>1 CUP RAISIN BRAN 4 OZ. APPLE JUICE 1 SLICE TOAST W/ 2 T PEANUT BUTTER</b>	<b>2 HARD BOILED EGGS 2 OZ BLUEBERRY MUFFIN 1 TSP MARGARINE</b>
10	11	12	13	14
<b>3 OZ SCRAMBLED EGG 1 OZ CHEESE 1 SLICE BACON 6 OZ JUICE 1½ TORTILLA</b>	<b>BAGEL 2 OZ CHEESE 6 OZ JUICE 6 OZ CEREAL</b>	<b>1 HARD BOILED EGG CHEESE STICK JUICE 1 SLICE TOAST 1 TSP JELLY</b>	<b>2 OZ COTTAGE CHEESE 1 ½ SLICES OF TOAST 1 TSP JELLY JUICE</b>	<b>HAM &amp; CHEESE BISCUIT (2 OZ HAM, 2 OZ CHEESE) ON BISCUIT</b>
17	18	19	20	21
<b>3 OZ SCRAMBLED EGG 1 SLICE TOAST 4 OZ YOGURT 2T PEANUT BUTTER</b>	<b>1 CUP CEREAL ½ ENGLISH MUFFIN W/ 2T PEANUT BUTTER</b>	<b>BACON BURRITO W/ EGG &amp; CHEESE ON TORTILLA</b>	<b>6 OZ OATMEAL 2 OZ DICED HAM 1 SLICE TOAST</b>	<b>2 PANCAKES 3 OZ SCRAMBLED EGG 4 OZ YOGURT 1 ORANGE</b>
24	25	26	27	28
<b>3 OZ SCRAMBLED EGG W/ 4 OZ POTATOES SPRINKLED W/ CHEESE 1 SLICE TOAST</b>	<b>1 HARD BOILED EGG 1 OZ CHEESE 1 SLICE TOAST 1 TSP JELLY</b>	<b>COLD CEREAL 1 SLICE TOAST W/ 2T PEANUT BUTTER</b>	<b>POTATO &amp; EGG BURRITO W/ CHEESE SALSA</b>	<b>SAUSAGE BURRITO (1 OZ SAUSAGE, 3 OZ SCRAMBLED EGG ON TORTILLA) 4 OZ SALSA</b>

**Breakfast 8am – 10 am**


**Lunch is at 11 am – 12:30 pm**

**Monday through Friday**

**Senior Meal Suggestion Donation: Breakfast \$1.00 – Lunch \$1.50**

**Non-Senior (59 years or younger) Mandatory Meal Fee: Breakfast \$7.69 – Lunch \$7.69**



**JUNE 2019 - LAS VEGAS ACTIVITIES CALENDAR - DAILY ACTIVITIES INCLUDE POOL, BINGO AND CARDS**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p>CALL 425-9139 FOR TRANSPORTATION TO AND FROM THE SENIOR CENTER</p> 	<p>FREE - TAI CHI CLASSES OFFERED TO SENIORS 60 AND OLDER DONATIONS ARE ACCEPTED TJQMBB - TAI JI QUAN: MOVING FOR BETTER BALANCE TCA - TAI CHI FOR ARTHRITIS AND FALL PREVENTION MOB - MATTER OF BALANCE JOHN ARNOLD, CERTIFIED INSTRUCTOR</p>	<p>CALL 425-9139 TO SCHEDULE DAILY SHOPPING AND ERRANDS WITHIN LAS VEGAS 1-3PM</p> 		
3	4	5	6	7
<ul style="list-style-type: none"> <li>•12:30 BINGO-RM 1</li> <li>•1:00 CANASTA</li> </ul>	<ul style="list-style-type: none"> <li>•11:00 MASS-FATHER SALAZAR-RM 3</li> <li>•12:30 BINGO-RM 1</li> </ul>	<ul style="list-style-type: none"> <li>•1:00 LADIES SEWING CLUB-RM 1</li> <li>•10:30 PRESENTATION - FINAL EXPENSE</li> </ul>	<ul style="list-style-type: none"> <li>•12:30 BINGO-RM 1</li> </ul>	<ul style="list-style-type: none"> <li>•9:30 TAOS ANCIANO DANCE - 1:00-3:00 - \$5 FEE</li> <li>•12:30 BINGO-RM 1</li> <li>•12:45 BRIDGE GRP-RM 2</li> </ul>
10	11	12	13	14
<ul style="list-style-type: none"> <li>•12:30 BINGO-RM 1</li> <li>•1:00 CANASTA</li> </ul>	<ul style="list-style-type: none"> <li>•12:00 SAN MIGUEL EXTENSION COUNCIL &amp; CLUB</li> <li>•12:30 BINGO-RM 1</li> <li>•1:00 - 3:00 DANCE - MUSIC BY AMNISTAD</li> </ul>	<ul style="list-style-type: none"> <li>•1:00 LADIES SEWING CLUB-RM 1</li> </ul>	<ul style="list-style-type: none"> <li>•8:30 ZOO TRIP TO ALBUQUERQUE - \$5 FEE</li> <li>•9:00 CANE SELF DEFENSE-RM 1</li> <li>•12:30 BINGO-RM 1</li> </ul>	<ul style="list-style-type: none"> <li>•12:30 BINGO-RM 1</li> <li>•12:45 BRIDGE GRP-RM 2</li> </ul>
17	18	19	20	21
<ul style="list-style-type: none"> <li>•9:30 TJQMBB-ADVANCED CLASS</li> <li>•11:00 ALTS - ANGELA - PRESENTATION MEDICARE &amp; MEDICAID</li> <li>•11:30-1:30 MOB-RM 3</li> <li>•12:30 BINGO-RM 1</li> <li>•1:00 CANASTA</li> </ul>	<ul style="list-style-type: none"> <li>•9:30 TCA-DINING RM</li> <li>•11:00 MASS-FATHER SALAZAR-RM 3</li> <li>•12:30 BINGO-RM 1</li> <li>•1:30 TCA-DINING RM</li> </ul>	<ul style="list-style-type: none"> <li>•8:00 DRIVERS SAFETY CLASS-M. SPIVEY-RM 1</li> <li>•9:30 TJQMBB-ADVANCED CLASS</li> <li>•11:30-1:30 MOB-RM 3</li> <li>•1:00 LADIES SEWING CLUB-RM 1</li> </ul>	<ul style="list-style-type: none"> <li>•9:30 TCA-DINING RM</li> <li>•12:30 BINGO-RM 1</li> <li>•1:30 TCA-DINING RM</li> </ul>	<ul style="list-style-type: none"> <li>•8:30-2:30 - SENIOR OLYMPICS TRIP TO ALBUQUERQUE - SHUFFLEBOARD - \$5 FEE</li> <li>•12:30 BINGO-RM 1</li> <li>•12:45 BRIDGE GRP-RM 2</li> </ul>
24	25	26	27	28
<ul style="list-style-type: none"> <li>•9:30 TJQMBB-ADVANCED CLASS</li> <li>•11:30-1:30 MOB-RM 3</li> <li>•12:30 BINGO-RM 1</li> <li>•1:00 CANASTA</li> </ul>	<ul style="list-style-type: none"> <li>•9:30 TCA-DINING RM</li> <li>•12:30 BINGO-RM 1</li> <li>•12:45 BRIDGE GROUP - ROOM 2</li> <li>•1:30 TCA-DINING RM</li> </ul>	<ul style="list-style-type: none"> <li>•8:30 SANTA FE SHOPPING TRIP - \$5 FEE</li> <li>•1:00 LADIES SEWING CLUB-RM 1</li> </ul>	<ul style="list-style-type: none"> <li>•10:00 CHRISTUS HEALTH PLAN-PRESENTATION HEALTHY EATING</li> <li>•12:30 BINGO-RM 1</li> </ul>	<ul style="list-style-type: none"> <li>•12:30 BINGO-RM 1</li> <li>•12:45 BRIDGE GRP-RM 2</li> </ul>

**ACTIVITY TRANSPORTATION REQUIRES A \$5 FEE BEGINNING JULY 1, 2018. TRANSPORTATION TO/FROM CENTER IS FREE.**

**PLEASE CALL THE Las Vegas CENTER AT (505)425-9139. ALL TRANSPORTATION EVENTS ARE SUBJECT TO CHANGE DUE TO INCLEMENT WEATHER**

**JUNE 2019 – PECOS - ACTIVITIES CALENDAR - DAILY ACTIVITIES INCLUDE POOL, BINGO AND CARDS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CALL 757-3000 FOR TRANSPORTATION TO AND FROM THE SENIOR CENTER</p> 	<p>FREE - TAI CHI CLASSES OFFERED TO SENIORS 60 AND OLDER DONATIONS ARE ACCEPTED TJQMBB – TAI JI QUAN: MOVING FOR BETTER BALANCE  MICHAEL DEMARCO, CERTIFIED INSTRUCTOR</p>		<p>CALL 757-3000 TO SCHEDULE DAILY SHOPPING AND ERANDS WITHIN PECOS 1-2PM</p> 	
3	4	5	6	7
	<p>9-10AM - TAI JI QUAN – MOVING FOR BETTER BALANCE – M. DEMARCO 10AM – EXERCISE &amp; DANCE CLASS</p>	<p>9-3:00 LAS VEGAS SHOPPING TRIP 10AM MASS</p>	<p>9-10AM - TAI JI QUAN – MOVING FOR BETTER BALANCE – M. DEMARCO 10AM – EXERCISE &amp; DANCE CLASS</p>	10AM MASS
10	11	12	13	14
	<p>9-10AM - TAI JI QUAN – MOVING FOR BETTER BALANCE – M. DEMARCO 10AM – EXERCISE &amp; DANCE CLASS</p>	<p>10AM MASS 11AM PRESENTATION – FINAL EXPENSE</p>	<p>8:30 ZOO TRIP TO ALBUQUERQUE - \$5 FEE</p>	10AM MASS
17	18	19	20	21
	<p>9-10AM - TAI JI QUAN – MOVING FOR BETTER BALANCE – M. DEMARCO 10AM – EXERCISE &amp; DANCE CLASS 10:30AM – CHRISTUS HEALTH PLAN – PRESENTATION – HEALTHY EATING</p>	<p>1-3PM ARTS AND CRAFTS AND BAKE SALE</p>	<p>8:30-2:30 - SENIOR OLYMPICS TRIP TO ALBUQUERQUE – SHUFFLEBOARD - \$5 FEE 9-10AM - TAI JI QUAN – MOVING FOR BETTER BALANCE – M. DEMARCO 10AM – EXERCISE &amp; DANCE CLASS</p>	<p>8:30AM TAOS ANCIANO DANCE 1:00-3:00 - \$5 BUS FEE</p>
24	25	26	27	28
	<p>9-10AM - TAI JI QUAN – MOVING FOR BETTER BALANCE – M. DEMARCO 10AM – EXERCISE &amp; DANCE CLASS 11AM – ALTS – ANGELA – PRESENTATION ON MEDICARE &amp; MEDICAID</p>	<p>10AM MASS 1-3PM ARTS AND CRAFTS AND BAKE SALE</p>	<p>9-10AM - TAI JI QUAN – MOVING FOR BETTER BALANCE – M. DEMARCO 10AM – EXERCISE &amp; DANCE CLASS</p>	<p>10AM MASS 1:00-3:00 – MOVIE DAY</p>

**ACTIVITY TRANSPORTATION REQUIRES A \$5 FEE BEGINNING JULY 1, 2018. TRANSPORTATION TO/FROM CENTER IS FREE. PLEASE CALL THE Las Vegas CENTER AT (505)425-9139. ALL TRANSPORTATION EVENTS ARE SUBJECT TO CHANGE DUE TO INCLEMENT WEATHER**