

MENU FOR THE MONTH OF DECEMBER 2017 - LAS VEGAS (505)425-9139 PECOS (505)757-3000

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 oz. 2% Milk Served with all Meals	DUE TO UNFORSEEN CIRCUMSTANCES MENU IS SUBJECT TO CHANGE	Merry Christmas from the Senior Center!!	MENU F405 	1 MENU Cook's Choice
4 MENU B122	5 MENU NM504	6 MENU NM188	7 MENU B125	8 MENU 516
3 oz. Chicken Fried Steak 4 oz. Mashed Potatoes 2T White Gravy 4 oz. Peas 1 Slice W/W Bread 1 Apple	Chicken Fajitas (2 oz. chicken, 2 oz. peppers) 4 oz. Pinto Beans 4 oz. Spanish Rice 1 W/W Tortilla 2T Pico de Gallo 4 oz. Cottage Cheese w/Peaches	8 oz. Shepard's Pie (3 oz. Ground Beef, 3 oz. Vegetables, 2 oz. Mashed Potatoes) 4 oz. Green Beans 1 Dinner Roll w/ Margarine 4 oz. Mixed Fruit	Fish Sandwich 2T Tartar Sauce on bun 4 oz. Potato Chips 4 oz. Steamed Carrots 4 oz. Diced Pears	Chile Cheese Dog On Bun w/onion 4 oz. Brussel Sprouts 4 oz. Pork N Beans 4 oz. Jello
11 MENU H33	12 MENU B107	13 MENU NM214	14 MENU NM425	15 MENU C221
3 oz. Baked Ham 4 oz. Stuffing 4 oz. Green Beans Dinner Roll 4 oz. Plums	Salisbury Steak 4 oz. Mashed Potatoes 2 oz. Gravy 4 oz. Green Peas Dinner Roll w/ 1T Margarine Mandarin Oranges	3 oz. Carne Adovada 4 oz. Corn 4 oz. Spinach 1 Flour Tortilla 4 oz. Cupcake	6 oz. Lasagna w/ Meat Sauce 4 oz. Tossed Salad 4 oz. California Blend Vegetables Garlic Bread 4 oz. Fruit Cobbler	Beef & Cheese Enchilada (4oz.) w/Red Chile Sauce (2oz.) 4 oz. Pinto Beans 4 oz. Calabacitas 1 Tortilla 4 oz. Rice Pudding
18 MENU C119	19 MENU F105	20 MENU 508a	21 MENU B191	22 MENU NM106
4 oz. Chicken Strips 4 oz. Mashed Potatoes w/2 oz. Low Sodium Gravy 4 oz. Broccoli 4 oz. Carrots 1 Dinner Roll 1 Cookie	4oz. Meatloaf 8oz. Au Gratin Potatoes 4 oz. Mixed Vegetables 1 Dinner Roll 1 Orange	Green Chile Cheese TORTILLA BURGER (3 oz. beef, 2T Green Chile, 1 oz. cheese) 4 oz. Pork & Beans 4 oz. Potato Chips 4 oz. Mandarin Oranges	3oz. Open Face Turkey Sandwich w/2 oz. Gravy On 1 Slice Bread 4 oz. Mashed Potatoes 4 oz. Peas 4 oz. Diced Peaches	4 oz. Tuna Salad Sandwich 4 oz. Pork & Beans 4 oz. Pickle Spear 1 Bag Chips 1 Apple
25	26 MENU NM505a	27 MENU P425	28 MENU NM144	29 MENU SL221
 <small>shutterstock - 117679510</small>	WE WILL BE CLOSED IN OBSERVANCE OF CHRISTMAS	6 oz. Spaghetti & Meat Sauce 4 oz. Green Beans 4 oz. Mixed Vegetables 1 Garlic Bread Stick 4 oz. Fruit Cocktail	8 Oz. Pork Posole 2 oz. Red Chile 4 Oz. Calabacitas 4 oz. Spinach Flour Tortilla Cookie	Ham & Cheese Wrap w/ lettuce & tomato 4 oz. Macaroni Salad 4 oz. Red Beets Yogurt

Breakfast 8am – 10 am



Lunch is at 11 am – 1 pm

Monday through Friday

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

Non-Senior (59 years or younger) Mandatory Meal Fee: Breakfast \$9.78 – Lunch \$9.78

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
MILK SERVED WITH EVERY MEAL	DUE TO UNFORSEEN CIRCUMSTANCES MENU IS SUBJECT TO CHANGE			SAUSAGE BURRITO (1 OZ SAUSAGE, 1 EGG ON TORTILLA) 4 OZ SALSA
4	5	6	7	8
POTATO & EGG BURRITO W/CHEESE 4 OZ. SALSA	1 CUP CEREAL ½ BAGEL W/ 2T CREAM CHEESE	2 PANCAKES & SAUSAGE 4 OZ YOGURT 1 ORANGE	2 OZ, PEANUT BUTTER, 1 TSP JELLY ON ½ SLICE TOAST 4 OZ CEREAL	SCRAMBLED EGG, CHEESE, RED CHILE POTATO
11	12	13	14	15
1 SCRAMBLED EGG 1 OZ CHEESE 1 SLICE BACON 1 ½ TORTILLA	BAGEL 2 OZ CHEESE 6 OZ CEREAL	1 HARD BOILED EGG CHEESE STICK ½ ENGLISH MUFFIN 1 TSP JELLY	2 OZ COTTAGE CHEESE 1 ½ SLICES OF TOAST 1 TSP JELLY	HAM & CHEESE BISCUIT YOGURT
18	19	20	21	22
3 OZ SCRAMBLED EGG 1 TORTILLA 4 OZ YOGURT 2T PEANUT BUTTER	1 CUP CEREAL ½ ENGLISH MUFFIN W/ 2T PEANUT BUTTER	BACON BURRITO W/ EGG, BACON & CHEESE ON TORTILLA	SAUSAGE, SALSA HASHBROWNS TOAST JELLY	2 PANCAKES & SAUSAGE 4 OZ YOGURT 1 ORANGE
25	26	27	28	29
The City of Las Vegas will be closed in observance of Christmas Holiday	 shutterstock - 117679510		2 BOILED EGGS 1 ORANGE 4 OZ YOGURT BRAN MUFFIN	SCRAMBLED EGG W/ 4 OZ POTATOES SPRINKLED W/ CHEESE ½ ENGLISH MUFFIN
				POTATO & EGG BURRITO W/ CHEESE SALSA

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