



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1                      MENU SL4
<b>DUE TO UNFORSEEN CIRCUMSTANCES MENU IS SUBJECT TO CHANGE</b>	<b>2% MILK SERVED WITH EVERY MEAL</b>	<b>SENIOR CITIZENS CENTER LUNCH MENU</b>		TURKEY SANDWICH 3 oz. w/ LITE MAYO (2 SLICES W/W BREAD) LETTUCE 1 oz & TOMATO 2 oz., 4 OZ. MACARONI SALAD 1 VANILLA ICE CREAM
4	5                      MENU 425	6                      MENU 144	7                      MENU 130	8                      MENU 145
<b>CLOSED</b>  <b>LABOR DAY HOLIDAY</b>	6 OZ. SPAGHETTI & MEAT SAUCE 4 OZ. STEAMED CALIFORNIA BLEND VEGETABLES SLICE OF GARLIC BREAD 4 OZ. APPLESAUCE	GREEN CHILE CHEESE BURGER ON BUN 4 OZ PORK & BEANS CORN ON THE COB 4 OZ PEACHES	3 OZ. MEATLOAF 4 OZ. SCALLOPED POTATOES 4 OZ. CARROT DINNER ROLL 4 OZ. TAPIOCA PUDDING W/2 TBS STRAWBERRY	3 OZ. CARNE ADOVADA 4 OZ. PINTO BEANS 4 OZ. SPANISH RICE 1 FLOUR TORTILLA 4 OZ. PUDDING
11                      MENU 511	12                      MENU 508	13                      MENU 192	14                      MENU 141	15                      MENU 414
3 OZ. GRILLED PORK CHOP 4 OZ. MASHED POTATOES 4 OZ. MIXED VEGETABLES DINNER ROLL 4 OZ. YOGURT	6 OZ. GREEN CHILE PORK STEW (3 OZ PORK, 2 OZ POTATO, 1 OZ EA ONION, TOMATO & GREEN CHILE) 4 OZ. MEXICORN TORTILLA COOKIE	SLOPPY JOE ON BUN 3 OZ. TOSSED SALAD 4 OZ. GREEN BEANS W/DRESSING FRUIT	4 OZ. CHICKEN POT PIE 4 OZ. TOMATO WEDGES BISCUIT 4 OZ. DICED CANTALOUPE	6 OZ. FRITO PIE (2oz. ea beef & bean, 1 oz. ea. Chile & cheese) 4 OZ. SPINICH (seasoned w/sautéed onion & bacon) 4 OZ. DICED PEACHES
18                      MENU 148	19                      MENU 430	20                      MENU 508a	21                      MENU 501	22                      MENU NM 516
<b>COOK'S CHOICE</b>	OPEN FACE TURKEY SANDWICH (3 oz. TURKEY ON SLICED BREAD) 4 OZ. MASHED POTATOES W/ GRAVY 4 OZ. PEAS 4 OZ. PEACHES	8 OZ. PORK POSOLE 4 OZ. CALABACITAS 4 OZ. PEAS FLOUR TORTILLA COOKIE	3 OZ. CHICKEN STRIPS 2 OZ. WHITE CREAM GRAVY 4 OZ. AUGRAUTIN POTATOS BISCUIT STRAWBERRY UPSIDE DOWN CAKE	LOW SODIUM HOT DOG 4 OZ. SAURKRAUT 4 OZ. BAKED BEANS 4 OZ. SALAD W/2T LOW FAT DRESSING 4 OZ. FRUIT COCKTAIL
25                      MENU 107	26                      MENU 406	27                      MENU NM 188	28                      MENU 116	29                      MENU SL7
4 OZ. SALSBURY STEAK W/BROWN GRAVY 4 OZ. STEAMED RICE CARROT RAISIN SALAD DINNER ROLL 4 OZ. PEARS	BAKED FISH SQUARES 1T TARTERSAUCE 4 OZ. GREEN BEANS 4 OZ. POTATO WEDGES FRUIT COBBLER W/TOPPING	6 OZ. BEEF & CHEESE ENCHILADA W/RED CHILE 4 OZ. PINTO BEANS 4 OZ. SPANISH RICE 4 OZ. VANILLA PUDDING	5 OZ. LASAGNA 6 OZ. GARDEN SALAD 4 OZ. MIXED VEGETABLES DINNER ROLL 4 OZ. FRUIT COCKTAIL	CHICKEN SALAD SANDWICH 4 OZ. PASTA SALAD 4 OZ. CUCUMBER SALAD CHIPS 4 OZ. APRICOTS

**Breakfast 8am – 10 am**



**Lunch 11 am – 1 pm**

**Monday through Friday**

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

**Non-Senior (59 years or younger) Mandatory Meal Fee: Breakfast \$9.41 – Lunch \$9.41**

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				1
<b>MILK SERVED WITH EVERY MEAL</b>		<b>SENIOR CENTER BREAKFAST MENU</b>	 <b>LABOR DAY</b>	<b>SAUSAGE BURRITO (1 OZ SAUSAGE, 1 EGG ON TORTILLA) 4 OZ SALSA</b>
4	5	6	7	8
<b>CLOSED LABOR DAY HOLIDAY</b>	<b>1 CUP CEREAL ½ BAGEL W/ 2T CREAM CHEESE</b>	<b>2 PANCAKES &amp; SAUSAGE 4 OZ YOGURT</b>	<b>2 OZ, PEANUT BUTTER, 1 TSP JELLY ON ½ SLICE TOAST 4 OZ CEREAL</b>	<b>2 HARD BOILED EGGS 2 OZ BLUEBERRY MUFFIN 1 TSP MARGARINE</b>
11	12	13	14	15
<b>1 SCRAMBLED EGG 1 OZ CHEESE 1 SLICE BACON 1 ½ TORTILLA</b>	<b>BAGEL 2 OZ CHEESE 6 OZ CEREAL</b>	<b>1 HARD BOILED EGG CHEESE STICK ½ ENGLISH MUFFIN 1 TSP JELLY</b>	<b>2 OZ COTTAGE CHEESE 1 ½ SLICES OF TOAST 1 TSP JELLY</b>	<b>HAM &amp; CHEESE BISCUIT</b>
18	19	20	21	22
<b>3 OZ SCRAMBLED EGG 1 CROISSANT 4 OZ YOGURT 2T PEANUT BUTTER</b>	<b>1 CUP CEREAL ½ ENGLISH MUFFIN W/ 2T PEANUT BUTTER</b>	<b>BACON BURRITO W/ EGG, BACON &amp; CHEESE ON TORTILLA</b>	<b>6 OZ OATMEAL 2 OZ DICED HAM ½ ENGLISH MUFFIN</b>	<b>2 PANCAKES &amp; SAUSAGE 4 OZ YOGURT</b>
25	26	27	28	29
<b>SCRAMBLED EGG W/ 4 OZ POTATOES SPRINKLED W/ CHEESE ½ ENGLISH MUFFIN</b>	<b>COLD CEREAL ENGLISH MUFFIN W/ 2T PEANUT BUTTER</b>	<b>2 BOILED EGGS 1 ORANGE 4 OZ YOGURT BRAN MUFFIN</b>	<b>2 PANCAKES &amp; SAUSAGE 4 OZ YOGURT</b>	<b>POTATO &amp; EGG BURRITO W/ CHEESE SALSA</b>

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