


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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>DUE TO UNFORSEEN CIRCUMSTANCES MENU IS SUBJECT TO CHANGE</b>	<b>1 MENU 406</b> 3 oz. Baked Fish Squares 4 oz. Au Gratin Potatoes 4 oz. Mixed Vegetables 1 Dinner Roll 4 oz. Jello	<b>2 MENU 107</b> 3 oz. Salisbury Steak w/2T Gravy 4 oz. Broccoli 4 oz. Sliced Carrots 1 Dinner Roll 4 oz. Applesauce	<b>3 MENU 430</b> Grilled Cheese Sandwich 8 oz. Vegetable Soup 6 Crackers 4 oz. Fruit Cobbler
<b>6 MENU 112</b> Beef & Macaroni (3oz Ground Beef, 4 oz. Macaroni, 2 oz. sauce) 4 oz. California Blend 1 slice Garlic Bread 1 Pumpkin Muffin	<b>7 MENU 508a</b> Posole w/ 3 oz. Cubed Pork Red Chile Sauce 4 oz. Calabacitas 1 Tortilla 4 oz. Fruit Cocktail	<b>8 MENU 501</b> 3 oz. Baked Chicken 4 oz. Glazed Carrots 4 oz. Brussel Sprouts 1 Dinner Roll 4 oz. Diced Peaches	<b>9 MENU 33</b> 3 oz. Baked Ham 4 oz. Scallop Potatoes 4 oz. Green Peas 1 Biscuit 2 oz. Cherry Cobbler	<b>10 VETERAN'S HOLIDAY Closed</b>
<b>13 MENU 425</b> 3 oz. Spaghetti with Meat Sauce, 4 oz. Corn 4 oz. Salad 1 slice Garlic Bread w/Margarine 4 oz. Diced Pears	<b>14 MENU 213</b> Chicken Soup (3oz. Chicken, 1 oz. Veggies, 1/2c Noodles) 4 oz. Mixed Vegetables 6 low sodium Crackers 4 oz. Strawberry Ice Cream Cup	<b>15 HOLIDAY MENU 1</b> 3 oz. Turkey, 4 oz. Stuffing 1 oz. Gravy, 1 Dinner Roll 4 oz. Mashed Potatoes 4 oz. Green Beans 3 oz. Cranberry Sauce 4 oz. Pumpkin Pie w/Topping	<b>16 MENU 508</b> Green Chile Beef Stew (3 oz. Pork, 1 oz. Green Chile, 2 oz. Veggies., 2 oz. Potatoes) 4 oz. Cucumber Tomato Salad 1 Tortilla 4 oz. Applesauce	<b>17 MENU SL 12</b> Tuna Salad Sandwich 4 oz. Tuna on W/W Bun 4 oz. Beets 1 oz. Chips 4 oz. Fruit Cocktail
<b>20 MENU 118</b> 3 oz. Roast Beef 4 oz. White Rice 1 oz. Gravy 4 oz. Green Beans 1 Dinner Roll 1 Apple	<b>21 MENU 146</b> 3 oz. Carne Adovada 4 oz. Pinto Beans 4 oz. Spinach 1 Flour Tortilla 4 oz. Rice Pudding	<b>22 MENU 122</b> 3 oz. Chicken Fried Steak 4 oz. Mashed Potato w/ 2 oz. White Gravy 4 oz. Mixed Vegetables 1 Dinner Roll 4 oz. Diced Peaches	<b>23 THANKSGIVING HOLIDAY CLOSED</b>	<b>24 THANKSGIVING HOLIDAY CLOSED</b>
<b>27 MENU 430</b> Ham & Cheese Sandwich (3 oz. Ham, 1 oz. cheese, lettuce, tomato, 2 slices bread) 4 oz. Cucumber Slices 4 oz. Pasta Salad 1 Cupcake	<b>28 MENU 144</b> Green Chile Cheeseburger on Bun (3 oz. Beef, 2T Green Chile, 1 oz. Cheese), 4 oz. Pork & Beans 4 oz. Baked French Fries 4 oz. Diced Pears	<b>29 MENU 118</b> 3 oz. Chicken Tenders 8 oz. Mashed Potatoes w/2 oz. Gravy 1 square Cornbread w/ 1 tsp. Margarine 1 Slice Strawberry Short Cake	<b>30 MENU 504</b> Beef Fajitas (2 oz. Beef, 2 oz. Peppers, 1 oz. Cheese) 4 oz. Pinto Beans 4 oz. Spanish Rice 1 W/W Tortilla, 2T Pico de Gallo 4 oz. Yogurt	<b>8 oz. 2% Milk Served with all Meals</b>

**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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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
<b>MILK SERVED WITH EVERY MEAL</b>		SCRAMBLED EGG, CHEESE, RED CHILE POTATO	6 OZ OATMEAL 2 OZ DICED HAM ½ ENGLISH MUFFIN	SAUSAGE BURRITO (1 OZ SAUSAGE, 1 EGG ON TORTILLA) 4 OZ SALSA
6	7	8	9	10
POTATO & EGG BURRITO W/CHEESE 4 OZ. SALSA	1 CUP CEREAL ½ BAGEL W/ 2T CREAM CHEESE	2 PANCAKES & SAUSAGE 4 OZ YOGURT	2 OZ, PEANUT BUTTER, 1 TSP JELLY ON ½ SLICE TOAST 4 OZ CEREAL	1 SCRAMBLED EGG, 1 OZ. CHEESE 1 OZ. RED CHILE 3 OZ. POTATO
13	14	15	16	17
1 SCRAMBLED EGG 1 OZ. CHEESE 1 SLICE BACON ½ TORTILLA	BAGEL 2 OZ CHEESE 6 OZ CEREAL	1 HARD BOILED EGG 1 CHEESE STICK ½ ENGLISH MUFFIN 1 TSP JELLY	2 PANCAKES & SAUSAGE 1 ORANGE	HAM & CHEESE BISCUIT YOGURT
20	21	22	23	24
3 OZ SCRAMBLED EGG 1 TORTILLA 4 OZ YOGURT 2T PEANUT BUTTER	1 CUP CEREAL ½ ENGLISH MUFFIN W/ 2T PEANUT BUTTER	BURRITO W/ EGG BACON & CHEESE ON TORTILLA	<b>CLOSED IN OBSERVANCE OF THANKSGIVING DAY</b>	
27	28	29	30	
2 OZ COTTAGE CHEESE 1 SLICE TOAST 1 TSP JELLY	2 PANCAKES & SAUSAGE 4 OZ YOGURT	2 BOILED EGGS 1 ORANGE 4 OZ YOGURT BRAN MUFFIN	SAUSAGE, SALSA HASHBROWNS TOAST JELLY	<b>DUE TO UNFORSEEN CIRCUMSTANCES MENU IS SUBJECT TO CHANGE</b>

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