



# TULAROSA SENIOR CENTER MAY 2017 MENU and ACTIVITIES



## LUNCH SERVED 11:30 TO 12:30

Lowfat milk is offered with every meal.

Shuffleboard - Every Wednesday 8:30 am at the Tularosa Community Center, 1050 Bookout Road. See Activities Calendar for all Activities

**MENU SUBJECT TO CHANGE AT ANY TIME!!!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <u><b>HAMBURGER STROGANOFF</b></u> W/EGG NOODLES BROCCOLI CARROT RAISIN SALAD CANTALOUPE	<b>2</b> <u><b>STUFFED CHICKEN BREAST</b></u> SPINACH CALIFORNIA VEGGIES BISCUIT W/BUTTER PEACH CRISP	<b>3</b> <i>**Commodities**</i> <u><b>BEEF TIPS</b></u> PEAS AND CARROTS SALAD W/DRESSING EGG NOODLES OATMEAL RAISIN COOKIES	<b>4</b> <u><b>GREEN CHILI CHICKEN ENCHILADAS</b></u> PINTO BEANS LETTUCE/TOMATO ZUCCHINI SPANISH RICE BANANAS	<b>5</b> <u><b>COD FILLETS/TARTAR SAUCE</b></u> COLESLAW FRENCH FRIES CORNBREAD FRUIT COCKTAIL
<b>8</b> <u><b>BEEF STEW</b></u> W/VEGGIES STEWED TOMATOES W/GR. CHILI ROLL W/BUTTER JELLO & APRICOTS	<b>9</b> <i>** Iris Farm - 9:00 - 1:00 **</i> <u><b>ROASTED TURKEY SANDWICH</b></u> W/AMERICAN CHEESE ON WHEAT POTATO CHIPS CORN SALSA 1/2 ORANGE <i>**Alamo Shopping After Lunch**</i>	<b>10</b> <u><b>BAKED PORKCHOP</b></u> MASHED POTATOES GREEN BEANS WHEAT ROLL W/BUTTER CHOCOLATE CHIP COOKIE	<b>11</b> <i>**Celebrate May Birthdays**</i> <u><b>LASAGNA</b></u> MIXED VEGGIES SALAD W/DRESSING GARLIC ROLL BIRTHDAY CAKE	<b>12</b> <u><b>PORK CUTLET</b></u> MASHED POTATOES W/GRAVY ORIENTAL VEGGIES BISCUIT W/BUTTER PINEAPPLE
<b>15</b> <u><b>STUFFED BELL PEPPERS</b></u> SALAD WHEAT ROLL W/BUTTER TROPICAL FRUIT	<b>16</b> <i>** Pool Tournament **</i> <u><b>CHICKEN FAJITAS</b></u> PINTO BEANS SQUASH TORTILLAS CHOCOLATE PUDDING CHEDDAR CHEESE	<b>17</b> <u><b>CHEESEBURGER MAC</b></u> W/MACARONI NOODLES GREEN BEANS CORN APRICOTS	<b>18</b> <i>** Las Cruces Shopping **</i> <u><b>MEATLOAF</b></u> GARLIC MASHED POTATOES BROCCOLI ROLL W/BUTTER PEANUT BUTTER COOKIE	<b>19</b> <u><b>BREADED CATFISH/TARTAR SAUCE</b></u> TATER TOTS COLESLAW CORN BREAD MIXED FRUIT
<b>22</b> <u><b>CHICKEN POT PIE</b></u> BUTTERED GREEN BEANS BEETS PASTRY CRUST MANDARIN ORANGES	<b>23</b> <i>**Alamo Shopping After Lunch**</i> <u><b>RED CHILI BEEF ENCHILADAS</b></u> PINTO BEANS CORN SALAD W/DRESSING SPANISH RICE APPLE CRISP	<b>24</b> <u><b>BAKED CHICKEN</b></u> SCALLOPED POTATOES GREEN BEANS WHEAT ROLL W/BUTTER JELLO & PEACHES	<b>25</b> <u><b>RANCHERO STEAK</b></u> PINTO BEANS W/GREEN CHILI SALAD STEWED TOMATOES FLOUR TORTILLA PINEAPPLE UPSIDEDOWN CAKE	<b>26</b> <u><b>CHICKEN FRIED STEAK</b></u> MASHED POTATOES & GRAVY SPINACH ROLL W/BUTTER PEARS
<b>29</b> <u><b>CLOSED FOR MEMORIAL DAY</b></u> 	<b>30</b> <u><b>FRITO PIE</b></u> LETTUCE/TOMATO/ONION MIXED VEGGIES CORNCHIPS SUGAR COOKIE CHEDDAR CHEESE	<b>31</b> <i>**Haircuts by Monica**</i> <u><b>GLAZED HAM</b></u> BAKED POTATO GREEN BEANS WHEAT ROLL W/BUTTER APPLESAUCE		

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