



TULAROSA SENIOR CENTER
AUGUST 2017 MENU
LUNCH SERVED 11:30 TO 12:30

NEW - A fresh soup and salad bar is now available daily!
 Lowfat milk is offered with every meal.

MENU SUBJECT TO CHANGE AT ANY TIME!!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <u>HAMBURGER MAC-N-CHEESE</u> GREEN BEANS CORN PEANUT BUTTER COOKIE	2 <i>**Commodities**</i> <u>BAKED HAM</u> SWEET POTATOES SPINACH ROLL W/BUTTER APRICOTS	3 <u>HONEY DIJON CHICKEN BREAST</u> MIXED VEGGIES BROCCOLI W/CHEESE SAUCE CORNBREAD APPLESAUCE CAKE	4 <u>HAMBURGER STEAK</u> GREEN BEANS MASHED POTATOES W/GRAVY WHEAT ROLL PINEAPPLE
7 <u>BAKED CHICKEN</u> CORN BROCCOLI PARMESAN PASTA MANDARIN ORANGES	8 <u>RED CHILI BEEF ENCHILADAS</u> SQUASH PINTO BEANS SPANISH RICE CHOCOLATE PUDDING W/WHIPPED TOPPING	9 <u>STUFFED BELL PEPPERS</u> CARROTS FRUIT COCKTAIL	10 <i>**Celebrate August Birthdays**</i> <u>BEEF TIPS</u> CAULIFLOWER W/CHEESE SAUCE SPINACH RICE BIRTHDAY CAKE	11 <u>BREADED CATFISH/TARTAR SAUCE</u> COLESLAW TATER TOTS WHEAT ROLLS PINEAPPLE
14 <u>CHICKEN POT PIE</u> <u>W/VEGGIES</u> BEETS ORANGE SLICES	15 <i>** Pool Tournament **</i> <u>MEATLOAF W/GRAVY</u> AU GRATIN POTATOES CALIFORNIA VEGGIES BISCUIT APPLE CRISP	16 <u>GREEN CHILE CHICKEN ENCHILADA</u> PINTO BEANS CORN SPANISH RICE PEACHES W/COTTAGE CHEESE	17 <i>** Las Cruces Shopping **</i> <u>PEPPER STEAK</u> BUTTERED CARROTS GREEN BEANS RICE PEACH COBBLER	18 <u>PORK CUTLET</u> MASHED POTATOES STEWED TOMATOES WHEAT ROLLS W/BUTTER PINEAPPLE
21 <u>CHICKEN TENDERS</u> SWEET POTATOES GREEN BEANS WHEAT ROLL W/BUTTER TROPICAL FRUIT SALAD	22 <u>LASAGNA</u> MIXED VEGGIES SPINACH APPLE COBBLER	23 <u>BBQ BAKED CHICKEN</u> CORN STEAMED CABBAGE ROLL W/BUTTER MANDARIN ORANGE	24 <u>GREEN CHILI CHEESEBURGER</u> LETTUCE/TOMATO/PICKLES/ONION BAKED BEANS BANANA PUDDING	25 <u>COD FILLET W/TARTAR SAUCE</u> COLESLAW FRENCH FRIES HUSH PUPPIES PEARS
28 <u>CHICKEN AND NOODLES</u> PEAS ORIENTAL VEGGIES WATERMELON	29 <u>BEEF TACOS W/CHEDDAR CHEESE</u> SALSA CORN PINTO BEANS SPANISH RICE BROWNIES	30 <i>**Haircuts by Monica**</i> <u>TUNA FISH SANDWICH</u> POTATO SALAD MIXED VEGGIES MIXED FRUIT	31 <u>CHICKEN FRIED STEAK</u> MASHED POTATOES W/GRAVY CALIFORNIA VEGGIES BISCUIT CHOCOLATE CHIP COOKIE	

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