



TULAROSA SENIOR CENTER JULY 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 |
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| <p>4 *** CLOSED ***</p> <p style="text-align: center; font-size: small;">Happy 4th of July!</p> | <p>4 *** CLOSED ***</p> <p style="text-align: center; font-size: small;">Happy 4th of July!</p> | <p>5 **Commodities**</p> <p style="text-align: center;"><u>CHEESEBURGERS</u> LETTUCE, TOMATO, ONION BAKED BEANS POTATO CHIPS STRAWBERRIES & BANANAS W/WHIPPED CREAM</p> | <p>6 <u>BAKED LEMON CHICKEN BREAST</u> CUCUMBER SALAD W/DRESSING BEETS RICE SPICE CAKE</p> | <p>7 <u>BAKED HAM</u> SWEET POTATOES BROCCOLI WHEAT ROLL TROPICAL FRUIT SALAD</p> |
| <p>10 <u>SOFT TACOS</u> LETTUCE, TOMATOES AND CHEESE CORN SALSA CHOCOLATE PUDDING</p> | <p>11 <u>GRILLED CHEESE SANDWICH</u> TOMATO SOUP BROCCOLI TROPICAL FRUIT SALAD</p> | <p>12 <u>GREEN CHILI SMOTHERED CHICKEN BURRITOS</u> PINTO BEANS SPANISH RICE SALAD W/DRESSING PEARS</p> | <p>13 **Celebrate July Birthdays** <u>HAMBURGER STROGANOFF</u> SPINACH CAULIFLOWER EGG NOODLES BIRTHDAY CAKE</p> | <p>14 <u>BREADED CATFISH/TARTAR SAUCE</u> TATER TOTS COLESLAW CORN BREAD FRUIT COCKTAIL</p> |
| <p>17 <u>STUFFED CHICKEN BREAST</u> SQUASH CALIFORNIA VEGGIES BISCUIT W/BUTTER FRESH PEACHES</p> | <p>18 ** Pool Tournament** <u>SALISBURY STEAK W/MUSHROOM GRAVY</u> MASHED POTATOES SPINACH WHEAT ROLL W/BUTTER PUMPKIN SPICE COOKIE</p> | <p>19 <u>CHICKEN FAJITAS</u> W/ONIONS AND BELL PEPPERS PINTO BEANS TORTILLAS JELLO & MANDARIN ORANGES CHEDDAR CHEESE</p> | <p>20 ** Las Cruces Shopping** <u>CHICKEN FRIED STEAK</u> MASHED POTATOES W/GRAVY BUTTERED PEAS ROLL W/BUTTER PEACH CRISP</p> | <p>21 <u>CHICKEN POT PIE</u> GREEN BEANS SALAD W/DRESSING WHEAT ROLL W/BUTTER FRUIT SALAD</p> |
| <p>24 <u>OVEN FRIED CHICKEN</u> COLESLAW GREEN BEANS WHEAT ROLL W/BUTTER APPLESAUCE</p> | <p>25 <u>LASAGNA</u> BUTTERED CARROTS PEAS GARLIC ROLL W/BUTTER OATMEAL COOKIES</p> | <p>26 <u>PORT CUTLET IN GRAVY</u> MASHED POTATOES ORIENTAL VEGGIES BISCUIT PEARS</p> | <p>27 <u>BEEF STEW W/VEGGIES</u> SALAD W/DRESSING WHEAT ROLL W/BUTTER CHOCOLATE CHIP COOKIES</p> | <p>28 <u>COD FILLET W/TARTAR SAUCE</u> COLESLAW FRENCH FRIES HUSH PUPPIES APRICOTS</p> |
| <p>31 <u>CHICKEN TENDERS</u> MASHED POTATOES W/GRAVY BRUSSEL SPROUTS WHEAT ROLL MIXED FRUIT</p> | | | | |

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