



TULAROSA SENIOR CENTER

October 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
2 <u>HONEY DIJON CHICKEN</u> CORN GREEN BEANS RICE MANDARIN ORANGES	3 <u>SOFT BEEF TACOS</u> PINTO BEANS CARROTS SPANISH RICE CHOCOLATE CHIP COOKIE	4 <u>LASAGNA</u> ITALIAN VEGGIES SPINACH PEACHES	5 <u>BBQ CHICKEN</u> BAKED POTATO BAKED BEANS WHEAT ROLL/BUTTER CHERRY COBBLER	6 <u>TUNA SALAD</u> CELERY/CARROT STICKS WHEAT BREAD POTATO CHIPS BANANA
9 CENTER CLOSED COLUMBUS DAY 	10 <u>BEEF STROGANOFF</u> PEAS CARROTS JELLO	11 <u>SWEET & SOUR CHICKEN</u> CHUCK WAGON VEGGIES BROCCOLI WHITE RICE WATERMELON	12 <u>GREEN CHILIE CHEESEBURGER</u> LETTUCE, TOMATO ONIONS FRENCH FRIES SUGAR COOKIE	13 <u>CATFISH</u> COLESLAW TATERTOTS HUSH PUPPIES FRUIT COCKTAIL
16 <u>CHICKEN FRIED STEAK</u> MIXED VEGIES MASHED POTATOES APPLE SAUCE	17 <u>FIESTA CHICKEN</u> BLACK BEANS CHUCKWAGON VEGGIES CILANTRO RICE BANANA PUDDING	18 <u>PORK CUTLET</u> MASHED POTATOES GREEN BEANS WHOLE WHEAT ROLL PEARS	19 <u>OVEN BAKED CHICKEN</u> SPINACH CAULIFLOWER RICE WHOLE WHEAT ROLL BROWNIES	20 <u>SLOPPY JOE</u> PEAS/CARROTS CORN APRICOT
23 <u>SPAGHETTI</u> ITALIAN BLEND BEETS MIXED FRUIT	24 <u>HAMBURGER STEAK</u> MASHED POTATO CORN WHOLE WHEAT ROLL/BUTTER TAPIOCA PUDDING	25 <u>LEMON CHICKEN</u> ASPARAGUS ROASTED POTATOES ORANGE SLICES	26 <u>HAM</u> SWEET POTATOES PEAS CORNBREAD BIRTHDAY CAKE	27 <u>COD FILLET W/TARTAR SAUCE</u> COLESLAW FRENCH FRIES HUSH PUPPIES MIXED FRUIT
30 <u>CHICKEN POT PIE</u> MIXED VEGETABLE BEETS FRUIT COCKTAIL	31 <u>MEATLOAF</u> MASHED POTATOES/GRAVY BROCOLLI SOFT ROLL/BUTTER PUMPKIN CAKE			

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