




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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>DUE TO UNFORSEEN CIRCUMSTANCES MENU IS SUBJECT TO CHANGE</p>	 <p>8 oz. 2% Milk Served with all Meals</p>	<p>1 MENU 406</p> <p>3 oz. Baked Fish 2T Tartar Sauce 4 oz. Potato Tots 4 oz. Steamed Carrots 4 oz. Mandarin Oranges</p>	<p>2 MENU HOL 4</p> <p>3 oz. Baked Ham 4 oz. Yams 4 oz. Green Beans Dinner Roll 4 oz. Pudding</p>	<p>3 MENU 414</p> <p>4 oz. Tuna Salad on Bread 4 oz. Beets 1 oz. Chips 1 Cookie</p>
		<p>6 MENU 504</p> <p>Chicken Fajitas (1 oz. Chicken, 2 oz. Red & Green Peppers, 1 oz. onion) 1 Flour Tortilla, 2T Salsa 4 oz. Spanish Rice 4 oz. Corn 1 Pumpkin Muffin</p>	<p>7 MENU 104</p> <p>Lasagna (3oz Ground Beef, 4 oz. Macaroni) 4 oz. Green Beans 4 oz. Garden Salad 1 oz. Garlic Bread 4 oz. Mixed Fruit</p>	<p>8 MENU 119</p> <p>3 oz. Chicken Strips 4 oz. Glazed Carrots 4 oz. Asparagus Dinner Roll w/ 1T margarine 4 oz. Peaches</p>
<p>13 MENU</p> <p>COOK'S CHOICE  Preparation's Irish On March 17th.</p>	<p>14 NM MENU 211</p> <p>Green Chile Chicken Enchiladas (2oz Chicken, 2T Green Chile, 1 Corn Tortilla) 4 oz. Pinto Beans 4 oz. Calabacitas, 4 crackers 4 oz. Fruit Cocktail</p>	<p>15 MENU 190</p> <p>3 oz. Pizza (Sausage) 8oz. Tossed Salad w/2T Dressing 4 oz. Corn 4 oz. Fruit Cobbler</p>	<p>16 MENU 504</p> <p>Beef Fajitas (2 oz. beef, 2 oz. peppers) 4 oz. Spinach 4 oz. Spanish Rice 1 WW Tortilla 2T Pico de Gallo 4 oz. Pears</p>	<p>17 MENU</p> <p>Corned Beef & Cabbage (3 oz. Beef, 2oz ea. Cabbage & carrots, 1 oz. onion) 4 oz. Baked Potato Wedges Slice w/w Bread 1 Orange</p> 
<p>20 MENU 220</p> <p>3 oz. Baked Chicken 4 oz. Mashed Potatoes 1 oz. Gravy 4 oz. Green Beans w/w Roll 1 oz. margarine 4 oz. Yogurt</p>	<p>21 MENU NM 146</p> <p>3 oz. Carne Adovada (Pork) 4 oz. Pinto Beans 4 oz. Spinach 1 Corn Bread 4 oz. Rice Pudding</p>	<p>22 MENU 122</p> <p>3 oz. Chicken Fried Steak 4 oz. Mashed Potatoes 4 oz. Green Beans Dinner Roll w/ 1T margarine 4 oz. Pears</p>	<p>23 NM 508A</p> <p>6 oz. Posole w/Cubed Pork Red Chile Sauce 4 oz. Calabacitas 1 Tortilla 4 oz. Cake</p>	<p>24 NM 501</p> <p>3 oz. Bean Burrito w/1 oz. Cheese 1 Flour Tortilla 3 oz. Red Chile 3 oz. Spanish Rice 8 oz. Spinach 4 oz. Pudding</p>
<p>27 MENU SL8</p> <p>Ham & Cheese Sandwich (3 oz ham, 1 oz ea cheese, lettuce, tomato & 2 slices bread) 4 oz Beets 4 oz Cottage Cheese & Pineapple</p>	<p>28 MENU 144</p> <p>Green Chile Tortilla Cheeseburger (3 oz. beef, 2T green chile, 1 oz. cheese) 4 oz. Pork & Beans 4 oz. French Fries 1 Peanut Butter Cookie</p>	<p>29 MENU NM507</p> <p>2 Chicken Tacos (3 oz. Chicken, 1 oz. Cheese, 2 Flour Tortillas) 4 oz. Lettuce 4 oz. Tomato 4 oz. Calabacitas W/ Green Chile 4 oz. Pinto Beans 2 oz. Bread Pudding</p>	<p>30 MENU 135</p> <p>4 oz. Meatloaf 4 oz. Au Gratin Potatoes 4 oz. Green Beans 2oz. Spice Cake</p>	<p>31 MENU 406</p> <p>3 oz. Baked Fish 4 oz. Au Gratin Potatoes 4 oz. Mixed Vegetables Dinner Roll w/ 1T margarine 4 oz. Mandarin Oranges</p>

Breakfast 8am - 10 am

Lunch is at 11 am - 1 pm

Monday through Friday

Senior Meal Suggestion 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
MILK SERVED WITH EVERY MEAL	DUE TO UNFORSEEN CIRCUMSTANCES MENU IS SUBJECT TO CHANGE	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 1 ORANGE	2 OZ, PEANUT BUTTER, 1 TSP JELLY ON ½ SLICE TOAST 4 OZ CEREAL	SCRAMBLED EGG, CHEESE, RED CHILE POTATO
13	14	15	16	17
1 SCRAMBLED EGG 1 OZ CHEESE 1 SLICE BACON 1 ½ TORTILLA	BAGEL 2 OZ CHEESE 6 OZ CEREAL	1 HARD BOILED EGG CHEESE STICK ½ ENGLISH MUFFIN 1 TSP JELLY	2 OZ COTTAGE CHEESE 1 ½ SLICES OF TOAST 1 TSP JELLY	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	BACON BURRITO W/ EGG, BACON & CHEESE ON TORTILLA	SAUSAGE, SALSA HASHBROWNS TOAST JELLY	2 PANCAKES & SAUSAGE 4 OZ YOGURT 1 ORANGE
27	28	29	30	31
SCRAMBLED EGG, CHEESE, RED CHILE POTATO	COLD CEREAL 4 OZ JUICE ENGLISH MUFFIN W/ 2T PEANUT BUTTER	2 BOILED EGGS 1 ORANGE 4 OZ YOGURT BRAN MUFFIN	SCRAMBLED EGG W/ 4 OZ POTATOES SPRINKLED W/ CHEESE ½ ENGLISH MUFFIN	POTATO & EGG BURRITO W/ CHEESE SALSA

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