

PLEASE CALL YOUR SENIOR CENTER BEFORE
9:00 A. M. OR MAKE RESERVATIONS THE DAY BEFORE FOR
MEALS. ALL DONATIONS ARE ACCEPTED. THANK YOU.

SEPTEMBER 2023

MILK IS SERVED DAILY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Dill Tilapia Rice Pilaf - Cal Veggies Tossed Salad Corn bread Orange Milk
4 HMS Senior Centers Ena Mitchell 542-9414 Silver City 388-2545 Santa Clara 537-5254 Gila 535-2888 Mimbres 536-9990	5	6	7	8 Grn Chicken Quesadilla Tomato Soup Roasted Zucchini Tossed Salad Fresh Apple Milk
Center Closed Labor Day	Salisbury Steak Mushroom gravy Egg Noodles Vegetable Medley roll Pears - Milk	Ground Beef Soft Tacos Cilantro Lime Brown Rice cucumber salad Roasted Brussel Sprouts Water Melon Milk	Pork Chops Herb Roasted Potatoes Spinish Tossed Salad Roll - Bannana Milk	
11	12	13	14	15 Sloppy Joes Green Beans baked french fries Fruit Salad Milk
Chile Relleno Pinto Beans Tossed Salad Tortilla Greek Yogurt Milk	Chicken Fried Steak Mashed Potatoes/Gravy Stewed Tomatoes Roll Strawberries Milk	Pepperoni Pizza Roasted Cauliflower Broccoli Salad Garbanzo Beans Grapes - Greek Yogurt Milk	Pork Red Tamales Red Chili Sauce Veggies Salad / Crackers Spiced Peaches Milk	
18	19	20	21	22 Spaghetti /w meat sauce Italian Blend Veggies Garden Salad/w Italian dressing Garlic Bread Sherbet Ice Cream Milk
Meat & Potato Red Chile Stew Calabacitas Flour tortilla fruit cocktail Milk	Chicken Tenders Coleslaw Asparagus 1 slice wheat bread Honey dew Milk	Cheese Burger Pasta Salad Let/Tom/Pic/Onion beet and red onion salad Mandarin Oranges Milk	Egg Salad garlic lemon white beans Sun Chips 2 slices bread Strawberries & Bananas Milk	
25	26	27	28	29 Chef Salad W/Chicken Boiled Egg Croutons/ Salad Dressing Crackers Baked apples Milk
Chile Beans w/ cheese Garden Salad Crackers pear Milk	Green Chicken Enchilada Winter blend veggies Roll Jello-O W/Fruit plums MILK	Pork Stir Fry Stir fry Veggies Veggie Egg roll Brown Rice Pineapple - Fortune Cookie Milk	Oven Fried Chicken Baked Sweet Potatoes French style green beans Roll Water melon & grapes Milk	

MENUS SUBJECT TO CHANGE WITHOUT NOTICE