



September 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
	Bean & Beef Taco Salad Ground Beef Pinto Beans Spanish Rice Chocolate Chip Cookie	Baked Fish Tossed Salad Wild Rice Fruit Cobbler Whole Wheat Roll	BBQ Chicken Baked Beans Coleslaw Watermelon	Beef Stroganoff Egg Noodles Broccoli Whole Wheat Roll Yogurt
9	10	11	12	13
Chicken Caesar Salad Diced Chicken Chopped Romaine Lettuce Garlic Knot Vanilla Pudding	Beef Soft Tacos Ground Beef Beans Calabacitas Strawberry Shortcake	Veggie Pizza Spinach, Tomato, Red Onion Mushroom, Bell Pepper Side Salad Baked Apple Slices Garlic Knot	Chicken Fried Steak Mashed Potatoes & Country Gravy Corn WW Roll Oatmeal Raisin Cookie	Lemon Baked Fish Rice Pilaf Cauliflower Garlic Knot Jello
16	17	18	19	20
Beef Tips w/ Gravy Egg Noodles Green Peas Whole Wheat Roll Peaches	Chicken Fajitas Fajita Vegetables Beans Spanish Rice Cottage Cheese w/ Fruit	Chef Salad Spring Mix Lettuce Turkey, Ham, Egg & Cheese Garlic Knot Pudding	Spaghetti w/ Meat Sauce Marinara w/ Ground Beef California Vegetable Blend Breadstick Cherry Cobbler	Chicken Salad Lettuce & Sliced Tomato Carrot & Raisin Salad Chips Cookie
23	24	25	26	27
Baked Chicken Breast Mashed Potatoes w/ Gravy Carrots WW Roll w/Butter Chocolate Pudding	Carne Adovada Beans Calabacitas Tortilla Fresh Fruit	Baked Fish Wild Rice Tossed Salad Whole Wheat Roll Cake	Green Chile Cheeseburger Lettuce, Tomato, Onion Tater Tots BBQ Beans Fresh Melon	Tuna Salad Lettuce & Sliced Tomato Cucumber & Tomato Salad Crackers Pears

30
Boneless BBQ Rib Sandwich
 Hamburger Bun
 Shoestring French Fries
 Coleslaw
 Cookie



SUGGESTED DONATION for Seniors 60+ (and spouse) - \$1.50
Individuals 59 years and under pay \$7.50

We serve lunch
Monday—Friday from 11:30 am to 1:00 pm
Come join us for lunch and engage in an activity.



Santa Fe County Senior Services
505-992-3069

