

**SUGGESTED DONATION for Seniors 60+ (and spouse) - \$1.50**

**Individuals 59 years and under pay \$7.50**

# April 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
<b>Carne Adovada</b> Pinto Beans Spinach Tortilla Rice Pudding		<b>Salisbury Steak</b> Mashed Potatoes w/ Gravy Peas Fresh Apples		<b>Dill Baked Cod</b> Wild Rice Tossed Salad Pound Cake w/ Peaches		<b>Chicken Fettucini Alfredo</b> Cauliflower Garlic Knots Chocolate Pudding		<b>Pepper Steak</b> Egg Noodles Green Beans WW Roll Applesauce	
9		10		11		12		13	
<b>Taco Salad</b> Lettuce, tomato, onion, sour cream, grated cheese Spanish Rice Mexicorn Peaches w/cottage cheese		<b>Baked Pork Chop</b> Peas & Carrots Roasted Potatoes WW Roll Granola Bar		<b>Caesar Salad w/Chicken</b> Parm Cheese & Croutons Garlic Bread Yogurt Oatmeal Raisin Cookie		<b>Breaded Cod</b> Tartar Sauce Carrots Hush Puppies Jello w/Fruit		<b>Chicken Fajitas w/ Tortilla</b> Onions/Peppers/Cheese/Sour Cream Pinto Beans Spanish Rice Strawberry short cake	
16		17		18		19		20	
<b>Spaghetti &amp; Meat Sauce</b> Tossed Salad Peas Garlic Knot Fresh Oranges		<b>Barbeque Chicken</b> Spinach Baked Beans Cornbread Chocolate Chip Cookie		<b>Baked Cod</b> Wild Rice Brussel Sprouts WW Roll Fresh Pears		<b>Chicken Fried Steak</b> Mashed Potatoes w/Gravy Mixed Veggies WW Roll Cake		<b>Baked Pork Chop w/Gravy</b> Stuffing Broccoli WW Roll Yogurt	
23		24		25		26		27	
<b>Chicken Fingers</b> Tater Tots Corn Peanut Butter Cookie		<b>Sloppy Joe</b> Onion Rings California Blend Vegetables Fresh Fruit Salad		<b>Sesame Chicken</b> Brown Rice Oriental Vegetables WW Roll Halo or Cutie Oranges		<b>Beef Stroganoff w/ pasta</b> Spinach Salad WW Roll Pudding		<b>Green Chile Cheeseburger</b> Lettuce, tomato, onion, pickle Potato Wedges Ranch Beans Chocolate Chip Cookie	

30

**Spicy Baked Fish**

Rice Pilaf  
 Cauliflower  
 WW Roll  
 Mixed fruit

Menu Created by  
 Damian Berry  
 Cook's Assistant  
 Eldorado Senior Center



**Santa Fe County Senior Services**  
 Teresa Casados - Director - 992-9848  
 Helen Campion - Home Delivered Meals - 995-9527  
 Danielle Tennyson - Transportation- 992-3069

