

Questa Del Rio News

QUESTA • RED RIVER • CERRO • COSTILLA • AMALIA • LAMA • SAN CRISTOBAL

August Senior Citizen Lunch Menu:

WEEK 1

Monday:

Grilled
Cheese Sandwich
Corn/Peas
Fruit Cocktail

Tuesday:

Chicken Breast
Stuffing/Green Beans
Salad w/Dressing
Chocolate Pudding

Wednesday:

Cheese Burgers/
Lettuce/Tomato/Onions
Corn
Pears

Thursday:

Sweet and Sour Pork
Brown Rice
Peas and Carrots
Bread
Oatmeal Cookie

Friday:

Beef and Noodles
Salad w/Dressing
Squash w/Tomatoes &
Onions/Roll
Mixed Fruit

WEEK 2

Monday:

Sloppy Joe
Scalloped Potatoes
Mixed Vegetable
Cookie

Tuesday:

BBQ Chicken Thigh
Baked Beans/Coleslaw/
Cornbread
Bananas in
Pudding w/Wafers

Wednesday:

Baked Pork Chop
Sweet Potato
Mixed Vegetables
Roll/Apple Cobbler

Thursday:

Soft Beef Taco
Lettuce/Tomato
Spanish Rice
Pinto Beans
Plums

Friday:

Cheese Ravioli
Marinara Sauce
Brussel Sprouts/Corn
Garlic Roll
Peaches

WEEK 3

Monday:

Country Fried Steak
Broccoli/Bread
Apricots

Tuesday:

Hot turkey Sandwich
Mashed
Potatoes w/Gravy
California
Blend Vegetables
Peaches w/
Cottage Cheese

Wednesday:

Stuffed Bell Peppers
Green Beans
Roll
Peach Cobbler

Thursday:

Chicken Fajita
Spanish Rice
Squash
Strawberry Yogurt

Friday:

Tuna Casserole
Baby Carrots
Salad w/Dressing
Roll
Applesauce

WEEK 4

Monday:

Chicken Tenders
French Fries
Mediterranean
Vegetables/Roll
Mandarine Oranges

Tuesday:

Red Beef Enchiladas
Spanish Rice
Calabacitas w/Corn
Sugar Cookie

Wednesday:

Sweet and Sour Pork
Rice/Peas&Carrots
Roll/Orange

Thursday:

Chicken Fettuccine
Alfredo Italian Blend
Vegetables
Salad w/Dressing
Garlic Bread/Pineapple

Friday:

Bean&Cheese Burrito
Beets/Corn
Mixed Fruit
Applesauce

WEEK 5

Monday:

Lemon Chicken
Cauliflower
Roasted Potatoes
Bread
Apricots

Tuesday:

Red Beef Enchiladas
Spanish Rice
Calabacitas
w/Corn
Sugar Cookie

Wednesday:

Asado Pinto Beans
Salad w/Dressing
Tortilla
Pineapple
w/Cottage Cheese



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