

Questa Del Rio News

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

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SENIOR MENU: OCTOBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Breaded Cod w/ lemon, Scalloped Potatoes, Green Beans, Coleslaw w/ dressing, Wheat Roll, Banana	Cheese Tortellini w/ Meaty Marinara, Italian Veggies, Tossed salad w/ light Italian dressing, Wheat roll, Cantaloupe and Grapes	Pepper Steak, Peppers and onions, brown rice, Stir Fry Vegetables, Pineapple	Cobb Salad w/Bacon, Light Ranch Dressing, WW Crackers, Fruit salad	Swedish Meatballs, Egg Noodles, Peas, Spinach Salad w/ Light Raspberry Vinaigrette, Wheat Roll, Spiced peaches
9	10	11	12	13
Closed Indigenous Peoples Day	Sweet & Sour Pork, Brown Rice, Asian Veggies, Vegetable Egg Roll, Mandarin Oranges	Chicken Fettuccine, Cauliflower and Broccoli, Garlic Bread stick, Apple slices	Red Chile Beef Enchiladas, Pinto Beans, Tossed Salad w/ light Italian Dressing, Orange	Chicken Fried Chicken Breast, LS Chicken Gravy, Mashed Potatoes, Asparagus, Wheat Roll, Plums
16	17	18	19	20
Polish Sausage, Sauerkraut, Parsley, Potatoes, Carrots, Wheat Roll, Pears, Vanilla Nonfat Greek Yogurt	3Chicken & Rice Casserole, Broccoli Spears w/ Red bell pepper, Tossed Salad w/light Italian Dressing, Wheat Roll, Fruit Cocktail	Beef Burrito Supreme, Spanish Rice, Calabacitas, Diced Mango	Baked Chicken in Mushroom Sauce, Tomato Wedges, Lemon Herb Orzo Wheat Roll w/ butter, strawberries	Turkey Roast, Yams, Vegetable Medley, Wheat Bread w/ margarine, Fruit Salad
23	24	25	26	27
Fish Sandwich w/ Tartar Sauce, California Veggies w/Dressing Sorbet w/Berries	Teriyaki Chicken, Brown Rice Stir fry veggies w/ snap peas, Fortune Cookie, Wheat roll, Mandarin Oranges	Lean Beef Fajita, Peppers and Onion, Wheat tortilla, Refried Beans, Salsa, Roasted Zucchini, Mixed Fruit	Salisbury Steak w/Brown Gravy, baked sweet potato w/ margarine, chives, Roasted Brussel Sprouts, Wheat Roll, Watermelon	Tuna Salad, Beets, Cold Peas, Crackers, Banana in Gelatin
30	31			
Red Chile Cheese Dog, Three Bean salad, Roasted Cauliflower, Orange	HAPPY HALLOWEEN! Turkey Sandwich, Pasta salad, Baby Carrots & Celery Sticks, Tropical Fruit			All Meals Served With 8oz. 2% Milk as available