

Questa Del Rio News

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

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SENIOR MENU: DECEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
All Meals Served With 8oz. 2% Milk as available				1 Tossed Salad w/ Ranch Dressing oven baked chicken, mashed potatoes and Gravy, Vegetable Medley, Wheat roll, Spiced Peaches
4 Turkey and cheese melt, broccoli soup, Crackers, California Blend Vegetables, Vanilla nonfat yogurt, Mandarin oranges	5 Fish and Chips, coleslaw, Wheat roll, Fresh Pear	6 Chile Beans, Spinach, Roasted Zucchini cornbread, Apple slices	7 Chicken Fettuccine Alfredo, Italian blend vegetables, Wheat roll, Gelatin w/ banana	8 Chef salad, ranch dressing, crackers, fruit salad
11 Chicken Tenders, mashed potatoes and gravy, Carrots, Cornbread, angel food cake, w/ Cherry Topping	12 Beef Stew, steamed cabbage, Tossed salad w/ Ranch Dressing, Crackers, orange	13 BBQ Pulled Pork on a Bun, Beets, Honeydew	14 Pepperoni Pizza, garden salad w/ Ranch, dressing garbanzo beans, Nonfat vanilla yogurt, strawberries	15 Frito Pie, Pinto Beans, Beet and Red Onion salad, Gelatin w/ banana
18 Chile relleno, pinto beans, Cauliflower, Beets, flour tortilla, apple	19 Christmas ham, scalloped potatoes, green beans w/ red peppers, roll, fruit salad w/ Nonfat vanilla yogurt, sugar cookie	20 Chicken Fajitas, Yellow Squash, Black Beans, sliced peaches & Apricots	21 Tuna Pasta salad, Tomato Soup, crackers, Grapes	22 Closed
25 Closed	26 Chili Cheese Hot Dog, Roasted Herb Red Potatoes, broccoli salad, Peache Cobbler	27 8 oz Pork Posole, Calabacitas, Tossed salad w/ Ranch Dressing, Flour Tortilla, Mango	28 Egg salad sandwich, Mediterranean Blend Vegetables, nonfat Mixed Berry yogurt	29 Closed