

Questa Del Rio News

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

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SENIOR MENU: JANUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Closed	Sloppy Joes, Potato Wedges, Sliced Tomato, Jalapenos, Broccoli, Banana	Shredded Chicken & Bean Burrito, Calabacitas, Green Chile, Sour Cream, Peanut Butter Cookie	Frito Pie, Mixed Vegetables, Carrot Raisin Salad, Tropical Fruit	Salisbury Steak, Low Sodium Gravy, Mashed Potato, Green Beans, Wheat Bread w/ Margarine, Mixed Fruit
8	9	10	11	12
Beef Stroganoff, Penne Pasta, Chateau Vegetables, WW Bread w/ Margarine, Low Fat Vanilla Pudding	Chicken Breast w/ Low Sodium Gravy, Scalloped Potato, Green Beans, Wheat Bread w/ Margarine, Banana	Beef Stew, Beets, Crackers, Peaches in Nonfat vanilla Greek Yogurt	BBQ Pulled Pork Sandwich, Baked Beans, Peas and carrots, Applesauce	Chile Cheese Dog, Coleslaw w/ Dressing, Mixed Fruit
15	16	17	18	19
Closed	Macaroni in Tomato Sauce, Italian Vegetables, White Beans w/ margarine, Crackers, Chocolate Pudding w/ Cherries	Fish Sandwich, Lightly Salted Potato Chips, Mixed Vegetables, Mandarin Oranges	Beef lasagna, California Blend Vegetables, Crackers, Plums	Sausage & Mushroom Ragu Penne Pasta, Tossed Salad w/ Light Dressing, Garlic Roll, Orange
22	23	24	25	26
Bratwurst w/ Bun, Sauerkraut, Onions & Peppers, Potato Chips, Ranch Beans, Diced Pears	Beef & Papas, Pinto Beans, Chuck Wagon Vegetables w/ margarine, Flour Tortilla, gelatin	Sweet and Sour Pork, Steamed Brown Rice, Oriental Veggies, Wheat Bread w/ Margarine, Fruit Cocktail	Tamale W/Red Chile,Pinto Beans, Calabacitas, spiced apricots	Tuna Salad, Cucumber Salad, baby carrots, celery sticks, Tapioca Pudding
29	30	31		
Chicken Fajita, Spanish Rice, Buttered Mixed Vegetables, Salsa, Diced Mango	Beef Soft Tacos, Mixed Vegetables, Salsa, Peppers and Onions, Refried Beans, Mixed Fruit	Green Chile Relleno, Mixed Vegetables Refried Beans, Spanish Rice, Mixed Fruit		All Meals Served With 8oz. 2% Milk as available