

Menu Isleta Elder Center

February 2019

IMPORTANT REMINDERS!!		1/31/2019	2/1/2019
<p>Please call ahead of time to cancel Home Delivered Meals. This saves time and money. Thank you.</p> <p>Congregate meals age 55+ free of charge. Persons ages < 55 the suggested donation is \$5.00 however any donation is appreciated.</p>			<p>Green Bean Stew Ground beef 3 oz Green beans 1/2 c Cream of mushroom soup 1/4 c Steamed carrot 1/2 c Biscuit = 56 g Fresh fruit</p>
2/4/2019	2/5/2019	2/6/2019	2/7/2019
<p>Potatoes and Ground Beef Ground beef 3 oz Diced potato 1/2 c Corn 1/2 c Tortilla 8" Fruit cup 1/2 c</p>	<p>Sweet and Sour Pork Diced pork 3 oz Fried rice w/peas and carrot 1 c Oriental vegetable 1/2 c SF gelatin with fruit 1/2 c</p>	<p>Soup and Sandwich Shaved ham 2 oz Sliced cheese .5 oz WW bun = 56 g Minestrone soup = 1 c veggie Fresh fruit</p>	<p>Green Chile Chicken Enchilada Shredded chicken 2 oz Green chile 1/2 c Winter vegetable 1/2 c Cheddar cheese 1 oz Corn tortilla 2 oz Fresh fruit</p>
			
2/11/2019	2/12/2019	2/13/2019	2/14/2019
<p>Vegetable Beef Stew Ground beef 3 oz Mixed vegetables 1/2 c Beets 1/2 c Crackers = 56 g Fresh fruit</p>	<p>Potatoes and Weenies All beef frank 3 oz Roasted potato 1/2 c Brussels sprouts 1/2 c Tortilla 8" Fruit cup 1/2 c</p>	<p>Taco Salad Ground beef 2 oz Shred cheddar 1 oz Corn tortilla chips 1 oz Squash/zucchini 1 c Fresh fruit</p>	<p>Baked Chicken Boneless chicken 3 oz Mashed potato 1/2 c California vegetable 1/2 c Cream gravy 1 oz Berry cobbler = 1/2 c fruit and 2 grain eq</p>
			
2/18/2019	2/19/2019	2/20/2019	2/21/2019
 <p style="color: magenta; font-weight: bold;">Center Closed</p>	<p>Chicken and Rice Diced chicken 3 oz Peas/carrot 1/2 c Broccoli 1/2 c Rice 1/2 c WW crackers = 24 g Fresh fruit</p>	<p>Lasagna Ground beef or turkey 2 oz Mozzarella/cottage cheese 1 oz Marinara sauce 1/2 c Spinach 1/2 c Noodle 2 oz Fruit cup 1/2 c</p>	<p>Chef Salad Ham 1 oz Shredded cheddar 1 oz Boiled egg 1 oz Mixed greens 1 c Cucumber/tomato 1 c Crouton 2 oz Fruit cup 1/2 c</p>
			
2/22/2019	2/25/2019	2/26/2019	2/27/2019
<p>Biscuits and Gravy Scrambled egg 1 ea Biscuit = 56 g Sausage gravy 1 oz Hash brown 1 c Oranges 1/2 c</p>	<p>Posole Diced pork Red chile puree 1/4 c Hominy 1/2 c WW roll = 56 g Fresh fruit</p>	<p>Baked Fish Fish filet 4 oz Rice pilaf 1/2 c Island vegetable 1/2 c Fruit cup 1/2 c</p>	<p>Spaghetti and Meatsauce Ground beef or pork 3 oz Marinara sauce 1/2 c Winter vegetable 1/2 c WW noodle 1 c Fruit cup 1/2 c</p>
2/28/2019	2/28/2019	2/28/2019	2/28/2019
<p>Hot Turkey Sandwich Turkey 3 oz Stuffing 1/2 c Mixed vegetable 1 c Gravy 1 oz Peach cobbler 1/2 c fruit and 2 grain eq</p>	<p>Hot Turkey Sandwich Turkey 3 oz Stuffing 1/2 c Mixed vegetable 1 c Gravy 1 oz Peach cobbler 1/2 c fruit and 2 grain eq</p>	<p>Hot Turkey Sandwich Turkey 3 oz Stuffing 1/2 c Mixed vegetable 1 c Gravy 1 oz Peach cobbler 1/2 c fruit and 2 grain eq</p>	<p>Hot Turkey Sandwich Turkey 3 oz Stuffing 1/2 c Mixed vegetable 1 c Gravy 1 oz Peach cobbler 1/2 c fruit and 2 grain eq</p>

Based on the availability of ingredients/produce or other unforeseen circumstances, menus are subject to change.