

MENU

ISLETA ELDER CENTER

June 2019




Monday

Tuesday

Wednesday

Thursday

Friday

IMPORTANT REMINDERS!!				
<p>Please call by 9 AM 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>				
6/3/2019	6/4/2019	6/5/2019	6/6/2019	6/7/2019
Beef Nachos Ground beef 2 oz Shredded cheddar 1 oz Lettuce/tomato 1/2 c Chuckwagon corn 1 c Tortilla chip 2 oz Fresh fruit	Baked Fish Tilapia 3 oz Rice pilaf 1 c Vegetable blend 1 c Fresh fruit	Chicken Adovada Chicken 3 oz Red chile puree 1/2 c Brussels sprouts 1/2 c WW tortilla 6" Fresh fruit	Hot Turkey Sandwich Turkey 3 oz Stuffing 1/2 c WW bread = 26 g Mashed potato 1/2 c Mixed vegetable 1/2 c Fruit cup 1/2 c	Breaded Chile Pork Breaded pork 3 oz Peas/carrots 1 c WW tortilla 6" Fresh fruit
6/10/2019	6/11/2019	6/12/2019	6/13/2019	6/14/2019
Beef and Potato Hash Ground beef 3 oz Diced potato 1/2 c Corn 1/2 c Biscuit = 56 g Fresh fruit	Pizza Diced pepperoni/sausage 1 oz Shred mozzarella 2 oz Breadstick w/marinara dipping sauce Side kick fruit cup 1/2 c	Baked Chicken Chicken 3 oz Mixed vegetable 1 c WW roll = 56 g Fruit cup 1/2 c	Red Chile Beans Ground beef 3 oz Pinto beans 1/2 c Red chile puree 1/2 WW saltines = 26 g Baked apple 1/2 c <div style="text-align: right; font-size: small;">  Nutrition Education 12:00 PM Dining Room </div>	Rice Stew w/Beef Ground beef 3 oz Rice 1/2 c Mixed vegetable 1 c WW tortilla 6" Fresh fruit
6/17/2019	6/18/2019	6/19/2019	6/20/2019	6/21/2019
Beefy Mac Ground beef 2 oz Shredded cheddar 1 oz WW elbows 1/2 c Mixed vegetable 1 c Fruit cup 1/2 c	Soup and Sandwich Shaved turkey 2 oz Cheddar cheese slice 1 oz Croissant = 1 oz Minestrone soup 1 c Fruit cobbler = 1/2 c fruit and 1 grain eq	Red Beef Enchilada Ground beef 2 oz Shredded cheddar 1 oz Corn tortilla 2 oz Red chile puree 1/2 c Beans 1/2 c Fresh fruit	Ham and Cheese Roll Up Shaved ham 3 oz Sliced cheese .5 oz WW tortilla 8" Golden mandarin salad 1 c <p style="text-align: center;">EARLY LUNCH</p>	Spinach Salad w/Chicken Diced chicken 3 oz Spinach salad 2 c Cranberries 1/8 c Mandarin orange 1/4 c Garlic bread stick = 56 g Raspberry vinegrette 1 oz
6/24/2019	6/25/2019	6/26/2019	6/27/2019	6/28/2019
Meatloaf Ground beef 3 oz Sweet potato 1/2 c Brown gravy 1 oz Biscuit = 56 g Fresh fruit	Chicken Fajita Shredded chicken 2 oz Shredded cheddar 1 oz Fajita vegetable 1 c Tortilla 6" Fruit cup = 1/2 c	Spaghetti w/Meatsauce Ground beef 3 oz Marinara 1/2 c WW noodle 1/2 c Winter vegetable 1 c Baked apples 1/2 c	Vegetable Beef Stew Ground beef 3 oz Mixed vegetables 1 c Bread stick = 26g Fresh fruit	Chicken Tender Breaded chicken 3 oz Sweet potato fries 1/2 c Chateau vegetable 1/2 c Berry cobbler = 1/2 c fruit 2 grain eq <div style="text-align: right;">  </div>

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