



Menu Isleta Elder Center



Monday	Tuesday	Wednesday	Thursday	Friday
REMINDER	4/30/2019	5/1/2019	5/2/2019	5/3/2019
<p>Please call by 9 AM to cancel Home Delivered Meals. This saves time and money. Thank you.</p> 		Egg Salad Sandwich Egg hard boiled 2 ea WW bread = 56 g Carrot sticks 1 c Tomato/cucumber 1 c Fresh fruit	Teriyaki Chicken Bowl Diced chicken 3 oz Steamed rice 1 c Oriental veggies 1 c Fortune cookie Mandarin oranges 1/2 c	Beans w/Green Chile and Pork Pork 3 oz Pinto beans 1/2 c Green chile 1/2 c Corn bread = 2 grain eq Fruit cup 1/2 c
5/6/2019	5/7/2019	5/8/2019	5/9/2019	5/10/2019
Macaroni Stew Ground beef 3 oz Stewed tomato 1/2 c Mixed vegetable 1/2 c WW elbows 1/2 c Garlic biscuit = 2 grain eq Fresh fruit	Shepard's Pie w/Red Chile Ground beef 3 oz Mixed vegetable 1/2 c Mashed Potato 1/2 c Red chile 1/4 c Tortilla 8" Fruit cup 1/2 c	Baked Chicken Boneless chicken 3 oz Stuffing 1/2 c California vegetable 1/2 c Fruit cup 1/2 c	Spaghetti w/Meatsauce Ground beef 3 oz Marinara sauce 1/2 c WW spaghetti noodle 1/2 Brussels sprouts 1/2 c Garlic breadsticks = 26 g Fresh fruit	Posole w/pork Pork 3 oz Red chile puree 1/4 c Hominy 1/2 c Calabacitas 1/2 c WW tortilla 8" Fresh fruit
5/13/2019	5/14/2019	5/15/2019	5/16/2019	5/17/2019
Cabbage Stew w/pork Ground pork 3 oz Cabbage 1 c Capri vegetable 1/2 c WW roll = 56 g Fresh fruit	Ranch Chicken Wrap Baked chicken 3 oz Romaine 1 c Carrot coins 1 c WW tortilla 8" Fruit cup 1/2 c	Baked Ham Ham slice 3 oz Baked sweet potato 1 c Biscuit = 56 g Cottage cheese/fruit = 1/2 c fruit	Vegetable Beef Stew Ground beef 3 oz Mixed vegetable 1 c Crackers = 56 g Fresh fruit	Cheeseburger Burger patty 3 oz American cheese .5 oz Shredded lettuce 1 c Pork and beans 1/2 c Fresh fruit
5/20/2019	5/21/2019	5/22/2019	5/23/2019	5/24/2019
Chicken and Rice Soup Diced chicken 3 oz Rice 1/2 c Peas/carrots 1 c WW crackers = 24 g Fruit cup 1/2 c	Green Chile Potato Stew Diced pork 3 oz Green chile 1/2 c Potato 1/2 c Tortilla 8" Fruit cup 1/2 c	Pork Tamale Pork tamale 3 oz Red chile w/pork 1/2 c Rice w/cilantro 1/2 c Spinach w/onion 1/2 c Fresh fruit	Mac and Cheese Cheddar cheese 2 oz Diced tomato 1/2 c Steamed carrot 1/2 c Lima beans (M/MA) 1/2 c WW pasta 1/2 c Fresh fruit	Kale Salad with Chicken Chicken 3 oz Mixed kale greens 1 c Cucumber, broccoli, tomato 1 c Cranberries 1/4 c Crouton 2 oz
5/27/2019	5/28/2019	5/29/2019	5/30/2019	5/31/2019
	Carne Adovada Pork 3 oz Red chile puree 1/2 c Calabacitas 1/2 c Tortilla 8" Fresh fruit	Sloppy Joe Ground beef 3 oz Sloppy joe mix 1/2 c WW bun = 56 g Sweet potato tots 1/2 c Cottage cheese w/ peaches 1/2 c	Baked Tilapia Tilapia 4 oz Capri vegetable 1 c Biscuit = 56 g Fresh fruit	Meatball Sub Meatballs 3 oz Mozzarella cheese .5 oz Marinara sauce 1/2 c Green beans 1/2 c WW bun = 56 g Fresh fruit

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