





Menu

Isleta Elder Center



Monday 9/2/2019	Tuesday 9/3/2019	Wednesday 9/4/2019	Thursday 9/5/2019	Friday 9/6/2019
	Taco Tuesday Ground beef 3 oz Shredded cheddar .5 oz Taco shell 2 ea Lettuce, tomato 1/8 c Summer Italian vegetables 1 c Fresh fruit	Center Closed Feast Day 	"Burque" Turkey Shredded turkey 3 oz Cheddar slice .75 oz Green chile 1/4 c Sweet potato fries 1/2 c Croissant 1.5 oz Fresh fruit	Hot Fish Sandwich Breaded fish 3 oz WW bun = 56 g Coleslaw 1 c Carrot coin 1 c Fresh melon 1/2 c Tartar sauce
9/9/2019 Potatoes and Weenies Beef frank 3 oz Diced roasted potato 1/2 c Red chile 1/2 c WW roll = 56 g Fresh fruit	9/10/2019 Hawaiian Chicken Wrap Diced chicken 3 oz Shredded cabbage 1 c Carrot coins 1 c WW tortilla 8" Fruit cocktail 1/2 c	9/11/2019 Vegetable Beef Stew Ground beef 3 oz Mixed vegetable 1 c WW crackers = 24 g Baked apples 1/2 c	9/12/2019 Egg Salad Sandwich Egg salad 3 oz WW bread slice = 56 g Pickled beets 1/2 c Fresh broccoli 1 c Ambrosia fruit salad 1/2 c  Nutrition Education 12:00 PM Dining	9/13/2019 Fried Rice Beef, pork or chicken 3 oz Asian vegetables 1 c Brown rice 1/2 c Fortune cookie 1 ea Sugar free gelatin w/fruit 1/2 c
9/16/2019 Country Chicken w/Gravy Breaded chicken patty 3 oz Mashed potato 1/2 c Vegetable melody 1/2 c Chicken gravy 1 oz Fresh fruit	9/17/2019 Zucchini Boat Sausage crumbles 3 oz Shredded cheese .5 oz Zucchini boat 1/2 c Marinara 1/2 c Bread crumbs 1 oz Fresh fruit	9/18/2019 Baked Mac-N-Cheese Shredded cheddar 1 oz Lima bean/ham soup 1 c (M/MA) WW elbows 1/2 c Broccoli floret 1 c Fresh fruit	9/19/2019 Ham and Cheese Pinwheels Shaved ham 3 oz Shredded cheese .5 oz Composed salad (cucumber, tomato, onion) 2 c WW tortilla 8" Fruit cup 1/2 c EARLY LUNCH	9/20/2019 Tuna Casserole Tuna 2 oz Peas/carrots 1 c WW noodle 1/2 c Shredded cheddar 1 oz Fresh fruit
9/23/2019 Green Chile Stew Ground beef or pork 3 oz Potato 1/2 c Green chile 1/2 c Rice and raisins 1/2 c	9/24/2019 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	9/25/2019 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	9/26/2019 Beef and Broccoli Stir Fry Beef 3 oz Broccoli 1 c WW rice 1/2 c Crunchy noodles 1 oz Mandarin oranges 1/2 c	9/27/2019 Indian Taco Red chile beans 1 c Shredded cheddar 1 oz Lettuce/tomato 1/8 c Fry bread = 2 grain eq Fresh melon 1/2 c  HAPPY BIRTHDAY
9/30/2019 Pork Tamale Tamale 3 oz Red chile w/pork 1/2 c Sandia salad 1 c (squash, tomato sunflower seed, onions, balsamic glaze) Baked apples	IMPORTANT REMINDERS!! Please call by 9 AM to cancel Home Delivered Meals. This saves time and money. Thank you. Congregate meals age 55+ free of charge. Persons ages < 55 the suggested donation is \$5.00 however any donation is appreciated.			

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