

Menu
Isleta Elder Center

February 2020

IMPORTANT REMINDERS!!



Please call ahead of time 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.

2/3/2020	2/4/2020	2/5/2020	2/6/2020	2/7/2020
Chili Con Carne Pork 3 oz Kidney beans 1/2 c Diced tomato 1/4 c Corn bread = 2g Mixed veggies 1/2 c Fruit cup 1/2 c	Chicken Adovada Chicken 3 oz Red chile puree 1/2 c Chateau vegetables 1/2 c Spanish rice 1/4 c Fruit cup 1/2 c	Kale Soup Sausage crumble 2 oz Sliced potato 1/2 c Kale 1 c Sweet rice with raisins 1/4 c	Grilled Chicken Harvest bowl Grilled chicken 3 oz Brussel sprouts 1/2 c Tri colored potatoes 1/4 c Brown rice 1/4 c Cranberry topping 1/4 c Teriyaki sauce 1 oz 	Fideo Ground beef 3 oz Pasta bits 1/4 c Diced tomato 1/4 c Steamed cabbage 1/2 c Fresh fruit 1/2 c
2/10/2020	2/11/2020	2/12/2020	2/13/2020	2/14/2020
Soup and Sandwich Cream of broccoli soup 1/2 c Half turkey sandwich w/cheddar Fruit cup 1/2 c	Chicken Teriyaki Bowl Diced chicken 3 oz Steamed rice 1 c Oriental vegetables 1 c Fortune cookie SF gelitan w/fruit 1/2 c	Baked Ham Ham slice 3 oz Mashed sweet potato 1/2 c Steamed broccoli 1/2 c Cherry cobbler 1/2 c	Build your own Frito Pie Pinto beans 1 c Frito chips 1/4 c Red chile puree 1/2 c Shredded cheese .5 oz Lettuce/ tomatoes 1/2 c Fruit cup 1/2 c	Meatloaf Ground beef 2 oz Stuffing 1/2 c Gravy 1 oz Corn 1/2 c Ambrosia salad 1/2 c <i>Happy Valentines Day</i>
2/17/2020	2/18/2020	2/19/2020	2/20/2020	2/21/2020
 Center Closed	Egg Salad Sandwhich Diced eggs 3 oz WW bread slice = 56g Steamed carrot coins 1 c Sliced cucumber 1 c Grapes 1/2 c	Salisbury Steak Ground beef 3 oz Gravy 1 oz Mixed vegetable 1 c WW roll = 56 g Fruit cup 1/2 c	Spaghetti w/ Meat sauce Ground beef or pork 3 oz Marinara sauce 1/2 c WW noodle 1 c Italian vegetables 1/2 c Fruit cup 1/2 c EARLY LUNCH	Loaded Cauliflower Soup Ground pork or bacon bits 3oz Cauliflower 1 c Shredded cheese 1 oz WW cracker = 24g Green onions and sour cream .5 oz Fresh fruit 1/2 c
2/24/2020	2/25/2020	2/26/2020	2/27/2020	2/28/2020
Chicken and Rice Diced chicken 3 oz Rice 1/2 c Peas and carrots 1 c WW crackers= 24g Fresh orange	Taco salad Ground beef 2 oz Shred cheddar 1 oz Corn tortilla chips 1 oz Squash/zucchini 1 c Fresh fruit	Beans and Chicos Pinto beans 1 c Chicos (dried corn) 1/4 c Shredded cheddar .5 oz Red chile puree 1/2 c Green beans 1/2 c WW roll = 56g Fresh apple	Green Chile Enchiladas Chicken 3 oz Shredded cheddar .5 oz Green chile 1/2 c Stewed tomato 1/2 c Corn tortilla 2 oz Fruit cup 1/2 c	Baked Fish Fish filet 3 oz Vegetable medley 1 c Wild rice 1/4 c Fruit cobbler 1/2 c 

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