

Menu

Isleta Elder Center



Monday	Tuesday	Wednesday	Thursday	Friday
3/2/2020	3/3/2020	3/4/2020	3/5/2020	3/6/2020
Potato Stew Pork 3 oz. Potatoes 1/4 c Mixed vegetable 1/2 c Green chile 1/2 c Fresh fruit	Chicken Parmesan Breaded chicken patty Marinara sauce 1/2 c WW spaghetti 1/2 c Mozzarella cheese .5 oz. Italian Vegetables 1/2c Fruit	Cheese Burger Beef Patty 3 oz. Cheddar cheese .5 oz. WW bun=56g Sweet potato tots 1/2 c Fresh fruit	Pork Lo Mein Pork 3 oz. Noodle 1/4 c Asian vegetables 1/2 c Fresh Fruit Fortune Cookie	Indian Tacos Pinto beans 1/2 c Shredded cheddar 1 oz. Red chile puree 1/2 c Shredded lettuce/tomato 1/2 c Fry bread = 2 grain eq Fresh fruit
3/9/2020	3/10/2020	3/11/2020	3/12/2020	3/13/2020
Chicken Noodle Chicken 3 oz. Mixed vegetables 1/2c WW noodles 1/2 WW crackers = 24 g Fresh fruit	Stuffed Turkey Sliced turkey 2 oz. Broccoli 1/2 c Cheese 1 oz. Rice pilaf 1/4 c Fruit	Pork Loin Pork 3 oz. Stuffing 1/2 c Gravy 1 oz. Green bean casserole 1/2 c Fresh fruit	Red chile Enchiladas Ground Beef 2 oz. Shredded Cheddar 1 oz. Corn tortilla 2 oz. Red chile puree 1/4 c Capri vegetables 1/2 c Fresh fruit	Baked Fish Fish filet 3 oz. Vegetable medley 1 c Rice pilaf 1/4 c Fruit cobbler 1/2 c
3/16/2020	3/17/2020	3/18/2020	3/19/2020	3/20/2020
Minestrone Soup Kidney beans (M/MA) 1 c WW elbow macaroni 1/2c Diced tomatoes 1/4c Mixed vegetables 1/2c Fruit	Corned Beef Corned beef 3 oz. Cabbage 1 c Red potatoes 1/2 c Wheat berry bread = 26 g Leprechaun Jell-O w/fruit 1/2 c St. Patrick's Day	Chicken Garden Salad Diced chicken 3 oz. Crouton 1 oz. Salad Mix 1 c Shredded cheddar cheese .5 oz. Fruit Cup Low Fat Ranch 1 oz.	Salisbury Steak Ground beef 3 oz. Roasted vegetables 1/2 c Gravy 1 oz. Brussel sprouts 1/2 c Fruit	Tuna Salad w/ grapes Tuna salad 3 oz. Shredded lettuce 1 c WW crackers = 24g Steamed Broccoli 1/2 c Fresh Fruit
3/23/2020	3/24/2020	3/25/2020	3/26/2020	3/27/2020
Posole Diced chicken 3 oz. Green chile 1/2 c Diced tomatoes 1/4c Hominy 1/2c Tortilla 6" Fruit cup 1/2c	Sloppy Joe Casserole Ground beef 3 oz. Sloppy joe mix 1/2 c Winter vegetables 1/2 c WW pasta spirals 1/2 c Fruit	Zucchini Boat w/ red chile Ground beef 3 oz. Zucchini boat 1/2c Marinara 1/4 c Red chile sauce 1/4 c Rice 1/4 c Fruit	BBQ chicken Boneless chicken thigh 3 oz. California vegetables 1 c BBQ Sauce 1 oz. Biscuit = 56 g Fruit Cup	Lasagna Marinara sauce Squash and Zucchini Mozzarella/Cottage cheese 1 oz. Spinach 1/2 c Garlic bread stick =24g Fruit Cup
3/30/2020	3/31/2020	<p style="text-align: center;">Please call ahead of time to cancel Home Delivered Meals. This saves time and money. Thank you.</p> <p style="text-align: center;">Congregate meals age 55+ free of charge. Persons ages < 55 the suggested donation is \$5.00 however any donation is appreciated.</p>		
Garbanzo Bean Stew Ground beef 2 oz. Garbanzo beans (M/MA) 1/2 c Diced tomato 1/2 c Mixed vegetable 1/2 c Garlic biscuit = 56 g Fresh fruit	Pizza and Salad Mozzarella cheese 2 oz. Peperoni/sausage 1 oz. Tomato (pizza) sauce 1/4c WW pizza Crust = 2 grain eq Tossed salad w/ LF Ranch Fruit Cup 1/2 c			

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