



GALLUP NOVEMBER 2017

<p>MONDAY 6, 2017 Open Faced Green Chile Burger (3 oz. Beef, 1 oz. Cheese, 1 oz. Green Chile, 1/2 Bun) 1/2c Potato Wedges 1c Glazed Carrots 1 Oatmeal Cookie</p>	<p>TUESDAY 7, 2017 1c Vegetable Soup Grilled Cheese Sandwich (3 oz. Cheese, 2 sl. Bread) 1c Beets 1c Plums</p>	<p>WEDNESDAY 1, 2017 Ham & Beans (2 oz. Low Sodium Ham, 2 oz. Sauce, 4 oz. Beans) 1/2c Corn on Cob 1 sl. Cornbread w/ 1 tsp. Margarine 1/2c Diced Pears</p>	<p>THURSDAY 2, 2017 4 oz. Spaghetti w/ 4 oz. Meat Balls 1c Tossed Salad w/Dressing 1c Spinach 1 sl. Garlic Toast 1c Apricots</p>	<p>FRIDAY 3, 2017 3 oz. Baked Fish 1/2c Rice Pflaf 1/2c Carrots w/Almonds 1 sl. White Cake</p>
<p>MONDAY 13, 2017 3 oz. Chicken Fried Steak 1/2c Mashed Potato w/ 1 oz. Low Sodium Gravy 1/2c Broccoli 1 sl. Bread w/ 1 tsp. Margarine 1/2c Vanilla Pudding</p>	<p>TUESDAY 14, 2017 Tuna Noodle (3 oz. Tuna, 1 oz. Sauce, 4 oz. Noodles) 1c Tossed Salad w/ 2T Low Fat Dressing 6 each Crackers 1/2c Mandarin Oranges</p>	<p>WEDNESDAY 15, 2017 Beef Bailey Soup (3 oz. Beef, 1 oz. Sauce, 2 oz. Veggies, 2 oz. Barley) 1/2c Cauliflower 1 WW Roll 1 tsp. Margarine 1/2c Fruit Salad</p>	<p>THURSDAY 16, 2017 Baked Macaroni & Cheese (2 oz. Cheese, 6 oz. Macaroni) 1/2c Brussel Spouts 1 Sl. Bread w/ 1 tsp. Margarine 1/2c Fruit Cocktail</p>	<p>FRIDAY 17, 2017 3 oz. Turkey w/2 oz. Stuffing 1/2c Scaloped Potato 1/2c Green Bean Almandine 1 WW Roll w/ 1 tsp. Margarine 1 sl. Pumpkin Pie</p>
<p>MONDAY 20, 2017 Chicken Corn Casserole (3 oz. Chicken, 1 oz. Sauce, 4 oz. Corn) 1c Spanish Rice 1/2c Baby Carrots 1 sl. Cornbread 1c Plums</p>	<p>TUESDAY 21, 2017 Egg Plant Parmesan (3 oz. Cheese, 1 oz. Sauce, 4 oz. Egg Plant) 1c Broccoli 1 Garlic Stix 1/2c Peaches</p>	<p>WEDNESDAY 22, 2017 Green Chili Stew (3 oz. Pork, 1 oz. Green Chile, 2 oz. Potato, 2 oz. Carrot) 1c Chuckwagon Blend 1c Tossed Salad w/Dressing 1c Apple Sauce</p>	<p>THURSDAY 23, 2017 Senior Center Closed Thanksgiving Holiday</p>	<p>FRIDAY 24, 2017 Senior Center Closed Thanksgiving Holiday</p>
<p>MONDAY 27, 2017 Chicken Alfredo (3 oz. Chicken, 1 oz. Sauce, 4 oz. Noodles) 1/2c California Blend 1c Tossed Salad w/ 2T Low Fat Dressing 1/2c Grapes</p>	<p>TUESDAY 28, 2017 Grilled Cheese (2 oz. Cheese, 2 sl. Bread) 1c Tomato Soup 1/2c Mixed Vegetables 1/2c Baked Apples</p>	<p>WEDNESDAY 29, 2017 4 oz. BBQ Pull Pork 1/2c Baked Beans 1/2c Cream Corn 1 piece Peach Crisp</p>	<p>THURSDAY 30, 2017 Shepherd's Pie (3 oz. Beef, 1 oz. Sauce, 4 oz. Mashed Potatoes) 1/2c Green Peas 1c Tossed Salad w/ 2T Low Fat Dressing 1 Sl. Wheat Bread w/ 1 tsp. Margarine 1sl. Yellow Cake</p>	<p>Lunch is served 11 to 12:50 8 oz-2% milk served with all meals Occasionally we must substitute food items We are sorry for the inconvenience</p>

North Central New Mexico Economic Development District

Council of Governments

Non-Metro Area Agency on Aging
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