



October 2026



MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Lunch is served
from 11:30am to 1:00pm
Milk, Coffee,
and Tea
are served daily.
Menu subject to change

Donations can be
mailed to:
Community Services Center
1100 Community Way
Portales, NM 88130



Meat and Potato Burrito
(3oz Beef, 1/4c Potato,
Flour Tortilla, 2 TBSP GC)
1c Chateau Vegetables
1 Sl. Spice Cake

3 1/2oz Lemon Garlic Chicken
1/2c Wild Brown Rice w/
1/4c Mushrooms
1/2c Carrots
1 1/2c Tossed Salad
1c Applesauce

5

6

7

8

9

3.5oz Salisbury Steak
1/3c Mashed Potatoes
1/4c LS Gravy
1c California Vegetables
1 Wheat Roll
1 Orange

GC Chicken Enchilada Cass.
(3oz Chicken 2 Corn Tortilla,
1oz GC, 1/2oz Cheese)
1/2c LS Pinto Beans
1c Yellow/Zucchini Squash
1 Banana

1c Beef Stew
(3oz Beef, 1/3c Potatoes,
Carrots, Onions)
1 1/2c Tossed Salad
1/2c Beets/1 WW Roll
1 Brownie

Chicken Fried Steak
2oz LS Country Gravy
1/3 Parsley Potatoes
3/4c Carrots
1 Wheat Roll
1/2c Peaches

RC Smothered Bean Burrito
(1 Flour Tortilla,
3/4c Pinto Beans,
1/2oz Cheese, RC Sauce)
1c Chateau Vegetables
1c Applesauce

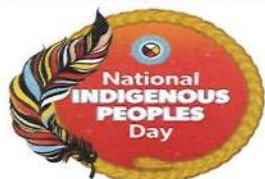
12

13

14

15

16



Ham and Potatoes
1oz LS Ham
1/3c Scalloped Potatoes
3/4c Broccoli
1 WW Bread 1/2c Grapes
1c Vanilla Yogurt

4oz LS Herbed Chicken
2oz LS Gravy
1/2c LS Brown Rice Pilaf
1c Vegetable Medley
1 1/2c Tossed Salad
1 Banana

Chicken Caesar Salad
(3oz Diced Chicken,
1c Romaine Lettuce,
1/2c Tomatoes, Red Onions,
Dressing.) 1 Wheat Roll
1c Applesauce

Beef Fajitas
(3oz Beef, 1/2c Peppers &
Onions, 1 Flour Tortilla)
1/2c Pinto Beans
1c Capri Vegetables
1 Sl. Frosted Strawberry Cake

19

20

21

22

23

Beef and Broccoli Stir Fry
(3 oz. Beef & 1/4c Broccoli,
Sauce) 1/2c Brown Rice
1 Vegetable Egg Roll
1c Stir Fry Vegetables
1c Pineapple

Garden Salad w/Chicken/Egg
(2oz Chicken, 1 HB Egg
1 1/2c Lettuce, Cabbage
Carrots, Cucumbers,
Tomato) 1 WW Roll
1 Sl. Angel Food Cake

1c Pork Posole
(3 oz. Pork, 2oz. Red Chile,
1/3c Hominy)
1 1/2c Tossed Salad
1 6in Flour Tortilla
1 Fresh Pear

Philly Steak
(2oz Beef, Cheese, 1Bun)
1/3c Potato Wedges
3/4c LS Three Bean Salad
1c Watermelon
3/4c Peach Yogurt

Breakfast for Lunch
1/2c Scrambled Eggs
1/2c Pinto Beans
1/2c Peppers/Onions
1/2c Vanilla Yogurt
1 W W Toast 1 Banana

26

27

28

29

30

Shepherd's Pie
(3oz Ground Beef, 1/4c
Carrots & Peas, 1oz Gravy,
1/4c Mashed Potatoes)
1 WW Roll 1 1/2c Salad
1 Sl. Frosted Choc. Cake

Orange Chicken
3oz Chicken w/ 1oz sauce
1/2c Brown Rice
1c Stir Fry Veggies
1 Fortune cookies
1/2c Pineapple Chunks

Hamburger
(1 ww Bun, 3oz Beef Patty,
2 Slices Tomato,
1/2c Lettuce, Onion)
1c Three Sisters Salad
Baked Chips 1 Fresh Pear

3oz Spicy Chicken Strips
1c Coleslaw
2 TBSP Dressing
1/2c Carrots
1oz Cornbread
1/2c Spiced Peaches

Taco Salad
3oz Beef, 1oz Chips, Onion,
1/2c Lettuce/Tomato
1/2c LS Pinto Beans
1/2c Spinach
1c Chopped Cantaloupe