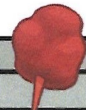




AUGUST 2025



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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



1
3 oz Grilled Pork Chop W/ Gravy
1/2c Carrot Raisin Salad
1/2c Asparagus/
1/2c Brown Rice
1 1/2c Lettuce/Tomato Salad
1/2c Applesauce

4

5

6

7

8

3/4c Hamburger Macaroni
1c California Vegetables
1/1/2c Lettuce/Tomato Salad
1 Wheat Bread
1c Tropical Fruit Salad

Ham & Cheese Sandwich
2 oz Ham, 1 oz Swiss Cheese
2 Wheat Bread 1 Tomato Slice
1/2c Lettuce 1/2c Beets
1/2c Cucumber/Tomato Salad
1c Apricots

3 oz Chopped Steak
1/3c MashedPotatoes-2oz Gravy
1/4c Mushrooms
3/4c Green Beans/1/4c Onions
1 Wheat Bread
3/4c Plums

3/4c Chicken Divan W/ Broccoli
3 oz Chicken, 1/4c Broccoli
1/2c Brown Rice
1 1/2c Lettuce/Tomato Salad
1c Fruit Salad

3 oz Pot Roast
1/3c Parsley Potatoes
2 oz Gravy
3/4c Carrots 3/4c Salad
1 Wheat Roll
1c Mixed Berries/1c VanillaYogurt

11

12

13

14

15

Ham & Scalloped Potatoes
(2 oz Ham, 1/3c Potatoes)
3/4c Asparagus/1 1/2c Salad
1 Wheat Roll
1c Strawberries & Bananas
1/2c Yogurt

1 Soft Beef Tacos
W/ 1/2c Lettuce/Tomato/ Salsa
1/2c Pinto Beans/1 Tortilla
1/2c Spinach W/ Onions
1/2c Spiced Peaches
1 Peanut Butter Cookie

1c Green Chili Pork Stew
(3 oz. Pork, 2 Tbsp G.C.
1/3c Potato, Onion, Tomato)
1c Winter Blend Vegetables
3/4c Salad/1 Sl. Cornbread
1 Apple

Chicken & Dumplings
(3 oz Chicken, 1 oz Dumplings,
1/4c Peas Carrots)
1c Vegetable Medley
1 Wheat Roll
1c Pears

Pork Stir Fry
(3 oz. Pork, 1/2 oz Sauce
1c Stir Fry Veggies)
1/2c Brown Rice
1c Mandarin Oranges/Pineapple
1/2c Sorbet

18

19

20

21

22

Beef Burrito
(2 oz Beef, 1oz. Cheese, 1 Tortilla)
1c Chateau Vegetables
1c Grapes
1/2c Yogurt

1c GC Chicken Enchilada Casserole
1/2c Lettuce/Tomato Salad
1c Capri Vegetables
1/2c Pinto Beans
1c Watermelon

3 oz Oven Fried Chicken
1/3c Potato Wedges
1c Cucumber/Tomato Salad
1 Sl. Cornbread
1c Cantaloupe

Breakfast for Lunch
1/2c Scrambled Eggs
1 Hash Brown 2 Tbsp Salsa
1/2c Peppers/Onions
1/2c Yogurt
1c Fruit Salad

Chicken Fajita
(3 oz Chicken, 1 Tortilla
1/2c Peppers/Onions)
1/2c Pinto Beans
3/4c Brussel Sprouts
1 Banana

25

26

27

28

29

3 oz Salmon Pattie
1/2c Wild Rice
1/2c Carrots
1/2c Green Beans
1c Coleslaw
1 Orange

3 oz BBQ Chicken
1 Tbsp BBQ Sauce
1/2c Potato Salad
3/4c Italian Beans
1 Wheat Roll
1c Apricots

2 oz Kielbasa (Sausage)
1/2c Peppers & Onions
1/2c Cucumber Salad
1/4c Red Cabbage/1 Wheat Roll
1c Strawberries
1/2c Yogurt

3 oz Chicken & Mushrooms
1 Baked Potato
1/4c Gravy/1/4c Mushrooms
1c California Vegetables
1 Wheat Roll
1c Fruit Cocktail

Bean & Cheese Burrito
(3/4c Beans, 1 oz. Cheese,
1 Flour Tortilla) 2 TBSP Salsa
1/4c Red Sauce
1c Tropical Fruit Salad
1 Oatmeal Raisin Cookie