



June 2026



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4		5	
3oz LS Salisbury Steak (2oz gravy, 1/4c Mushrooms) 1/3c Mashed Potatoes 3/4c Asparagus 1 Wheat Roll 1 Fresh Pear		3oz Baked Chicken 2oz LS Gravy 1/2c LS Rice Pilaf w/ 1/2c Mushrooms 1c Winter Blend Vegetables 1 Orange		Frito Pie (Corn Chips, Beef, R.C. Sauce Lettuce/Tomatos/Onions) 1/2c Pinto Beans 1c Capri Vegetables 1c Apricots		1c Beef & Potato Stew with Veggies 1/2c Spinach & 1/4c Onions 1 1/2c Tossed Salad/Dressing 1 Wheat Roll 1/2c Gelatin/1c Strawberries		Chicken Salad Sandwich (3oz Chicken/1/2c Lettuce/ 2 Sl. Tomato/2 W Bread) 1/2c Cold Beets 1/2c Carrot Raisin Salad Banana	
8		9		10		11		12	
1c Lasagna (3 oz. Beef, 1 oz. Cheese, 1oz. Tomato Sauce, Noodles) 1/2c Tossed Salad 1c Italian Blend Vegetables 1 Wheat Roll 1c Apricots		1 Chicken Soft Taco (3oz. Chicken, 1/2oz. Cheese, 1 Flour Tortilla) 1/2c Lettuce and Tomato, 1c Chateau Blend Vegetables 1c Pineapple/Strawberries		Beef and Broccoli Stir Fry (3 oz. Beef & 1/2c Broccoli 1 oz. Sauce) 1/2c Brown Rice 1c Stir Fry Vegetables 1 Orange		Cheese Enchilada Casserole (1oz. Cheese, 2oz. Red Chile Sauce, 2 Corn Tortillas) 1/2c Pinto Beans 1 1/2c Tossed Salad 1c Fruit Salad		6oz Tuna Salad Sandwich (3oz Tuna, 2 Sl. Wheat Bread) 1/2c Lettuce and Tomato) 1c LS Tomato Soup 1/2c Cold Beets 1c Tropical Fruit	
15		16		17		18		19	
Cheeseburger (3 oz Beef, 1/2oz. Cheese, 1Bun 1/2c Lettuce, 2 Slices tomato, 1 slice Onion) 1/2c French Fries 1/2c Carrots 1/2c Peaches		3 oz. Baked Pork Roast 1oz Green Chile Sauce 1/2c LS Rice Pilaf 1c Broccoli Normandy 1 Wheat Roll 1/2c Pears		RC Smothered Bean Burrito (3/4c LS Pinto Beans, 1/2oz Cheese, 1 Tortilla) 1/2c LS Spanish Rice 3/4c Spinach 1/2c SF Gelatin		3 oz. Baked Chicken 1/4c Mushrooms, 2oz Gravy 1c Salad/Dress. 1/2c Brown Rice 1/2c Brussel Sprouts 1/2c Apricots		<div style="background-color: red; color: white; padding: 5px; text-align: center;">JUNETEENTH</div> <div style="background-color: black; color: gold; padding: 5px; text-align: center;"><i>Celebrate Freedom</i></div> <div style="background-color: green; color: white; padding: 5px; text-align: center;">JUNE 19</div>	
22		23		24		25		26	
3oz Meatloaf 1/3c Mash. Potatoes/1oz Gravy 3/4c Carrots 1 1/2c Tossed Salad w/ Dressing 1 Wheat Roll 1c Mixed Fruit		Chicken Fajita Stuffed Baked Potato (3oz Chicken, 1/2c Peppers & & Onions, 1/2 Potatoes) 1 1/2c Tossed Salad 1 WW Roll 1c Apricots		1c Green Chili Pork Stew (3 oz Pork, 1/2c Potatoes, Diced Tomatos, 1oz GC) 3/4c Tossed Salad w/ Dressing 1/2c Squash 1c Strawberries and Bananas		1c Chicken Alfredo 1 Garlic Knot 1c Italian Blend Vegetables 1 1/2c Caesar Salad 1/2c Peaches 1/2c Gelatin		1c Loaded Nachos 1c Zucchini w/ NAS diced Tomatoes Guacamole/Sour Cream 1/2c SF Gelatin 1 Orange	
29		30							
BBQ Chicken Thighs (1oz LS BBQ Sauce, 3oz Chicken Thigh) 1/2c LS Three Bean Salad 1/2c Black Eyed Peas 1 WW Dinner Roll 1c Cantaloupe		Sloppy Joe Sandwich (3oz Meat, 1/8c Sauce, 1/2c Peppers and Onions) 1/3c LS Potato Wedges 3/4c Broccoli 1/2c Baked Apple Slices 1 Chocolate Chip Cookie		Donations can be mailed to: Community Services Center 1100 Community Way Portales, NM 88130		Lunch is served from 11:30am to 1:00pm Milk, Coffee, and Tea are served daily. Menu subject to change		<div style="border: 1px solid black; padding: 10px;"> <div style="background-color: orange; color: white; padding: 5px; text-align: center;">! FOOD ALLERGY WARNING</div> <p style="text-align: center;">Our Food May Contain Peanut or Tree Nut Products</p> </div>	