

CSC

September



2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch is served from 11:30am to 1:00pm Milk, Coffee, and Tea are served daily.		Donations can be mailed to: Community Services Center 1100 Community Way Portales, NM 88130		1 Hamburger Macaroni (2 oz. Ground Beef, 1 oz Cheese, 1/2c Pasta) 1/2c Green Beans/1c Corn 1 sl. WW Bread/1 PB Cookie
4	5	6	7	8
	3 oz Chicken Fried Steak 1/2c Mashed Potatoes 1/4c Gravy 1/2c Green Peas 1 Wheat Roll 1/2 c Fruit Cocktail	GC Chicken Enchilada Cass. (3 oz Chicken, 1 oz. Cheese, 1/4c Gr. Chili, 1 Tortillas) 1/2c Span. Rice/1/2c P. Beans 1/2c Lettuce/Tomato Salad 1 sq. Lemon Cake	Chicken Salad Sandwich 1/2c Chicken Salad 1/2c Lettuce/Tomato 1/2c Macaroni Salad 2 sl. White Bread 1/2c Cinnamon Apples	3 oz Pepper Steak 1/2c Rice 1/2c Broccoli 1/2c Carrots 1/2c Yogurt w/ Peaches
11	12	13	14	15
Ham & Cheese Sandwich (2 oz. LS Ham, 1 oz. Cheese, 1/2c Lettuce/Tomato 1/2c Baked Beans 2 White Bread 1/2c Cottage Cheese/Peaches	Frito Pie (1/2c Pinto Beans, 2 oz. Cheese/1oz Sauce 1oz Fritos/1/2c Lettuce & Tomato/2 tbsp Onions) 1 sl. Applesauce Cake	Beef Stew (3 oz. Beef, 1 oz. Sauce, 1/2c Potatoes & Carrots) 1 c Steamed Cabbage 1 sl. Cornbread 1/2c Vanilla Pudding	3oz Baked Chicken 1/2c Mashed Potatoes 1/4c LS Gravy 1/2c Green Peas 1 Wheat Roll 1/2c Pears/Jello	GC Meat & Cheese Burrito (3 oz. Beef, 1oz. Cheese, 1/4c Green Chili/1 Tortilla) 1c Lettuce/Tomato Salad 1/2c Corn 1 Sl. Iced Chocolate Cake
18	19	20	21	22
Tuna Salad Sandwich (1/2c Tuna Salad, 2 sl Wheat Bread) 1/2c Wild Rice 1/2c Green Beans 1/2c Corn 1/2c Mandarin Oranges	4 oz. BBQ Chicken 1/2c Potato Salad 1c Okra 1 Wheat Roll 1/2 Pears	3 oz. Low Sodium Sausage 3/4 cup Wild Rice 1 cup Broccoli & Mushrooms 1 Sl. Wheat Bread 1 sl Angel Food Cake/ Strawberries	Beef Tacos (3 oz. Beef, 1 oz. Cheese, 1c Lettuce & Tomato, 2 Taco Shells) 1/2c Spanish Rice/1c Corn 1/2c Apricots/Jello	3oz Chicken Strips 1 Baked Potato 1/4c LS Cream Gravy 1c Mixed Vegetables 1 Wheat Roll 1/2c Banana Pudding
25	26	27	28	29
Chili Dog (1 oz Frank, 2 oz Chili 1 oz Cheese)1/2c Baked Beans 1/2c Sauerkraut 1/2c Baked Apple Slices	Beef Burrito (3 oz Beef, 1oz. Cheese, 1 Tortilla) 1/2c Lettuce/Tomato 1/2c Spanish Rice 1c Salsa Corn 1 Brownie	3 oz Chicken Breast 1/2c Spinach 1c California Vegetables 1 Wheat Roll 1 Sl. Frosted Lemon Cake	3 oz Salisbury Steak 1/4c Mushroom Gravy 1/2c Wild Rice/1/2c Carrots 1/2 cup Brussels Sprouts 3/4c Cherry Cobbler	Chicken Fajita (3 oz Chicken, 1 Tortilla 1/2c Peppers/Onions) 1c Steamed Cauliflower 1/2c Pumpkin Bread Pudding