






November 2022 CSC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
Menu subject to change  	3 oz Hamburger Steak 1/2c Au Gratin Potatoes 1/2c Green Beans 1 Wheat Roll 1/2 cup Ice Cream	6 oz Chicken Stir Fry Vegetables/White Rice 1 Wheat Bread 1/2 c Lettuce/Tomato Salad 1/2c Rice Pudding	3 oz Sloppy Joe on Bun 3 oz Tater Tots 1/2c Green Peas 1/2 c Strawberries/Bananas	6 oz Nacho Supreme/Fixings 3 oz Beef/1 oz Cheese 1/2c Corn 1/2c Spanish Rice 1/2c Fruit Cocktail
7	8	9	10	11
3 oz Chicken Fried Steak 1/2c Mashed Potatoes 1/4c Gravy 1/2c Green Peas 1 sl. Wheat Roll 1/2 c Fruit Cocktail	1 c GC Chicken Enchilada Cass. (3 oz Chicken, 1 oz. Cheese, 1/4c Gr. Chili, 2 Tortillas) 1/2c Span. Rice/1/2c P. Beans 1/2c Lettuce/Tomato 1 sq. Lemon Bar	3 oz Pepper Steak 1/2c Rice 1/2c Broccoli 1/2c Carrots 1/2c Yogurt w/Peaches	4 oz Chicken Salad Sandwich 1/2c Lettuce/Tomato 1/2c Macaroni Salad 6 Crackers 1/2c Cinnamon Apples	
14	15	16	17	18
3 oz. GC Pork Stew (3 oz. Pork, 1 oz. Gr. Chile, 1/2c Vegetables) 1 Tortilla/1/2 c Mexicorn 1c Lettuce/Tomato Salad 1/2c Pears	Tuna Salad Sandwich (1/2c Tuna Salad, 2 sl. Bread) 1/2c Wild Rice 1c Broccoli & Cauliflower 1/2c Apricots/Jello	Beef Enchilada Casserole (3 oz. Beef, 1 oz. Cheese, 1 oz. Red Chile/Corn Tortilla) 1/2c Spanish Rice/Pinto Beans 1/2c Lettuce/Tomato Salad 1 sl. White Cake	4 oz. BBQ Chicken 1/2c Potato Salad 1c Okra 1 sl. Wheat Bread 1/2c Pineapple	Chili Dog (Beef Frank) (1 oz. Frank, 1 oz. Beef Chili 1 oz. Cheese, 1 Bun) 1/2c Baked Beans 1/2c Sauerkraut 1/2c Baked Apple Slices
21	22	23	24	25
1 4x4 sq Lasagna 1c Lettuce/Tomato Salad 1c Mixed Vegetables 1 Garlic Bread 1/2c Rice Pudding	Breakfast for Lunch 1 Biscuit w/ 1/4c Gravy 1 oz. Sausage 3 Scrambled Eggs 1c Cubed Potatoes & Peppers 1 Banana	3 oz Roasted Turkey 1 oz. LS Gravy /1/4c Stuffing 1c Green Beans 1/2c Cranberry Sauce 1Wheat Roll 1 sl Pumpkin Pie w/W. Cream		
28	29	30		
1/2c Spaghetti with 1/2c (Beef) Meat Sauce 1c Broccoli & Carrots 1 sl. Garlic Bread 1c Apricots	3 oz. Chicken Tenders 1 oz. LS Gravy 1/2c Mixed Vegetables 1 sl. Wheat Bread 1/2c Pears/Jello	4 oz Swiss Steak 1 Med. Baked Potato 1/2c Green Beans 1 sl. White Bread 1 sl. Applesauce Cake	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.