



# CSC 2024



# October



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Donations can be mailed to:</i>  <b>Community Services Center</b>  <b>1100 Community Way</b>  <b>Portales, NM 88130</b></p>	<p><b>1</b></p> <p>3 oz Chicken Tenders            1/2c Mashed Potatoes            1c Broccoli Salad            1 Wheat Roll            1 Chocolate Chip Cookie</p>	<p><b>2</b></p> <p>3 oz Beef Stroganoff            1/2c Egg Noodles            1/2c Lettuce/Tomato Salad            1/2c Peas/Carrots            1/2c Applesauce</p>	<p><b>3</b></p> <p>4 oz Pork Stir Fry            1/2c Stir Fry Vegetables            1/2c Green Beans            6 Crackers            1/2c Apple Crisp</p>	<p><b>4</b></p> <p>Beef Fajitas            ( 3 oz Beef, 1 oz Cheese,            1/2c Peppers/Onions,            1 Flour Tortilla) 1/2c Pinto Beans            1/2c Jello/Pineapple</p>
<p><b>7</b></p> <p>Tuna Salad            3 oz Tuna Salad            Sl. Wheat Bread            1/2c Wild Rice            1/2c Green Beans            1/2c Peaches</p>	<p><b>8</b></p> <p>4 oz. BBQ Chicken            1/2c Potato Salad            1/2c Okra            1 Wheat Roll            1/2c Pears</p>	<p><b>9</b></p> <p>Beef Tacos            (3 oz. Beef, 1 oz. Cheese,            1c Lettuce &amp; Tomato,            2 Taco Shells) 1/2c Span. Rice            1/2c Pinto Beans            1/2c Apricots/Jello</p>	<p><b>10</b></p> <p>3oz Chicken Strips            1/2 Baked Potato            1/4c Cream Gravy            1/2c Mixed Vegetables            1 Wheat Roll            1/2c Banana Pudding</p>	<p><b>11</b></p> <p>3 oz. Low Sodium Sausage            3/4 cup Rice Pilaf            1/2c Spinach            1 Sl. Wheat Bread            1 sl Angel Food Cake/            Strawberries</p>
<p><b>14</b></p>  	<p><b>15</b></p> <p>1 Chili Dog            1/4c Chili/1 oz Cheese/Onions            1/2c Mixed Vegetables            1/2c Potato Wedges            1 sl. Frosted Lemon Cake</p>	<p><b>16</b></p> <p>BBQ Beef Sandwich            3 oz Beef/1 oz BBQ Sauce            1 Bun/1/2c Potato Salad            (1/2c Cucumber/Tomato/Onion            Salad) 1/2c Applesauce</p>	<p><b>17</b></p> <p>3 oz Baked Chicken            1/2c Wild Rice            1/2c Spinach Salad            1 Wheat Roll            1/2c Cherry Cobbler</p>	<p><b>18</b></p> <p>4 oz Chicken Fried Steak            1/4c Gravy            1/2 c Mashed Potatoes            1/2c Green Beans/1 Wheat Roll            1/2c Rice Pudding</p>
<p><b>21</b></p> <p>Ham &amp; Cheese Sandwich            2 oz Ham, 1 oz Cheese,            1/2c Lettuce/Tomato 2 sl. Bread            1/2c Pasta Salad            1 Peanut Butter Cookie</p>	<p><b>22</b></p> <p>3 oz Salisbury Steak            1/2c Mashed Potatoes            1/2c Carrots            1 sl. Wheat Bread            1/2 cup Pineapple/Jello</p>	<p><b>23</b></p> <p>Chicken &amp; Dumplings            1c Pot Pie            1c California Vegetables            6 Crackers            1 Oatmeal Cookie</p>	<p><b>24</b></p> <p>3 oz Pot Roast            1/2c Mashed Potatoes            1/4c Gravy 1/2c Green Peas            1 Wheat Roll            1/2c Chocolate Pudding</p>	<p><b>25</b></p> <p>Chicken Enchilada Casserole            1c Chicken Casserole            1/2c Stewed Tomatoes            1/2c Pinto Beans/4 Crackers            1 Sl. Chocolate Cake/Cherries</p>
<p><b>28</b></p> <p>3 oz Hamburger Steak            1/2c Au Gratin Potatoes            1/2c Green Beans            1 Wheat Roll            1/2 cup Ice Cream</p>	<p><b>29</b></p> <p>6 oz Chicken Stir Fry            1/2Vegetables/White Rice            1 Wheat Bread            1/2 c Lettuce/Tomato Salad            1/2c Lemon Pudding</p>	<p><b>30</b></p> <p>3 oz Sloppy Joe on Bun            1/2 c Tater Tots            1/2c Green Peas            1/2 c Strawberries/Bananas</p>	<p><b>31</b></p> <p>6 oz Nacho Supreme/Fixings            3 oz Beef/1 oz Cheese            1/2c Corn            1/2c Spanish Rice            1/2c Fruit Cocktail</p>	<p><i>Lunch is served            from 11:30am to 1:00pm            Milk, Coffee,            and Tea            are served daily.</i></p>

