

HMS Senior Centers July 2024 Menu

MILK IS SERVED DAILY

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
Chile Relleno w/Gr. Sauce Pinto Beans Tossed Salad w/dressing Flour Tortilla Fruit Cocktail Milk	Baked Chicken Wild Rice Broccoli & Cauliflower Roll Mixed Fruit Milk	Tuna Salad Garden Salad w/dressing Crackers Tropical Fruit Milk	CLOSED HOLIDAY Happy 4th of JULY 	Green Chile Sour Cream Enchiladas Spanish Rice Tossed Salad w/dressing Berries w/vanilla Yogurt Milk
8	9	10	11	12
Polish Sausage w/Peppers & Onions Herbed Roasted Potatoes Roll Light Vanilla Yogurt/Orange Milk	Baked Pork Chop w/gravy Bell Pepper, Cucumber & Chickpea Salad Broccoli & Cauliflower Roll Fresh Pear/ Milk	Red Chile Beef Enchilada Pinto Beans Zucchini w/diced Tomatoes Lettuce & Tomato Apricots Milk	Grilled Cheese Sandwich Gazpacho Soup Green Beans Peaches Light Vanilla Yogurt Milk	BBQ Pulled Pork Potato Salad Carrots Cornbread Banana Milk
15	16	17	19	
Turkey Meat Ball Sandwich Roasted Cauliflower & Mushrooms Brussel Sprouts Fruit Salad Milk	Chef Salad W/Ham & Turkey Boiled Egg w/dressing Roll Warm Apple Slices Chocolate Chip Cookie Milk	Sloppy Joe Sweet Potato Fries Cucumber & Tomato Salad Chopped Cantaloupe Milk	Chicken Tacos Cilantro Lime Brown Rice Calabacitas Spinach Lettuce/Tomato/ Salsa Diced Mango/ Milk	Mac & Cheese California Blend Veggie Strawberries w/ light vanilla Yogurt Milk
22	23	24	25	26
Orange Chicken Brown Rice Stir Fry Vegetables Egg Roll Fortune Cookie Pineapple / Milk	Taco Salad Pinto Beans Lettuce/Tomato/Onion Salsa Tropical Fruit Salad Milk	BBQ Chicken Roasted Root Vegetables Roll Mixed Fruit Milk	Green Chile Cheeseburger Three Sisters Salad Coleslaw Lettuce/Tomato/Onion Chopped Watermelon Milk	Chicken Pasta Salad Asparagus Granola Bar Light Vanilla Yogurt Sweet Cherries Milk
29	30	31		
Stuffed Peppers Capri Veggies Roll Grapes Milk	Oriental Chicken Salad Crackers Mandarin Oranges Milk	Smothered Bean Burrito Spanish Rice Chateau Blend Veggie Lettuce & Tomato Apple Sauce Milk	<p>Hms Senior Centers Ena Mitchell 575-597-2403 Silver City 388-2545 Santa Clara 537-5254 Gila 575-249-0055 Mimbres 575-249-0061</p> <p>Please call your Senior Center before 9am or make reservations the day before the meal. Suggested donations for seniors 60 years of age or older is \$2.50 All donations of any amount are accepted and appreciated.</p>	