

# CRSMA Senior Dinners' Club

## May 2017

|                                                                                                                                                                                |                                                                                                                                                                 |                                                                                                                                               |                                                                                                                                                                                                |                                                                                                                                                                          |
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| 8oz. 2% Milk<br>Served with all meals                                                                                                                                          |                                                                                                                                                                 | <b>SUGGESTED \$2.00 DONATION PER MEAL FOR PARTICIPANTS 60 YEARS AND OVER!!</b><br><b>\$6.00 COST FOR PARTICIPANTS UNDER 60 YEARS OF AGE!</b>  |                                                                                                                                                                                                |                                                                                                                                                                          |
| <b>MONDAY 1, 2017</b><br>3 oz. Chicken Strips w/2 oz. Gravy<br>4oz. Mashed Potatoes<br>4oz. California Blend Vegetables<br>1Dinner Roll w/ 1tsp. Margarine<br>4oz. Yellow Cake | <b>TUESDAY 2, 2017</b><br>3oz. Hamburger Steak<br>1 Baked Potato<br>2oz. Brown Gravy<br>4oz. Green Beans<br>1Dinner Roll w/ 1tsp. Margarine<br>4oz. Fresh Fruit | <b>WEDNESDAY 3, 2017</b><br>6 oz. Italian Casserole w/ Sausage<br>4oz. Mediterranean Vegetables<br>1Sl. Garlic Bread<br>4 oz.Mandarin Oranges | <b>THURSDAY 4, 2017</b><br>3oz. Sloppy Joe on Bun<br>4oz. Salad w/ 2T Low Fat Dressing<br>4oz. Tatar Tots<br>1Ea. Corn on the cob<br>4oz. Ice Cream                                            | <b>FRIDAY 5, 2017</b><br>1 Chili Relleno<br>4oz. Pinto Beans<br>4oz. Spanish Rice<br>4oz. Salad w/ 2T Low Fat Dressing<br>1 Sl. Peach Dump Cake                          |
| <b>MONDAY 8, 2017</b><br>3oz BBQ Ribs<br>4 oz. Pasta Salad<br>4oz. Baked Beans<br>1Dinner Roll w/ 1tsp. Margarine<br>4 oz. Fruit Yogurt                                        | <b>TUESDAY 9, 2017</b><br>4 oz. Frito Pie<br>2 oz. Lettuce/ 2 oz. Tomato<br>1 oz. Onion/ .25 oz. Cheese<br>4 oz. Corn<br>4oz. Pineapple Orange Delight          | <b>WEDNESDAY 10, 2017</b><br>6oz. 6 Cheese Gocce Pasta w/ Chicken<br>4oz. Green Bean<br>1 Ea. Bread Stick<br>4oz. Pineapple Pudding           | <b>THURSDAY 11, 2017</b><br>4oz. Country Fried Steak<br>4oz. Mashed Potatoes<br>2oz. LS White Gravy<br>4oz. Salad w/ 2T Low Fat Dressing<br>1Dinner Roll w/ 1tsp. Margarine<br>4oz. AppleSauce | <b>FRIDAY 12, 2017</b><br>6oz. Spaghetti w/ Meat Sauce<br>4oz. Salad w/ 2T Low Fat Dressing<br>4oz. Mixed Vegetables<br>1Dinner Roll w/ 1tsp. Margarine<br>4oz. Apricots |

**Reminder- Salad Bar donations do NOT go in the wooden donation box next to the desk.**  
**Please place them in the grey metal salad bar donation box located at the end of the first salad bar.**  
**The salad bar operates off of your generous donations.**  
**\$1.00 donation per plate is recommended.**  
**Thank you for your donations to CRSMA, we greatly appreciate it.**

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| <b>MONDAY 15, 2017</b><br>1 Green Chile Hamburger<br>1c Lettuce, Tomato & Onions<br>4 oz. Potato Wedges<br>4 oz. Baked Beans<br>4 oz. Cherry Cake | <b>TUESDAY 16, 2017</b><br>3oz. Country Ham<br>4oz. Sweet Potatoes<br>4oz. Peas<br>1 Ea. Biscuit<br>1Sl. Cheesecake                                                    | <b>WEDNESDAY 17, 2017</b><br>1 Chicken Fajita<br>4oz. Pinto Beans<br>4oz. Chip w/ 2oz. Salsa<br>4oz. Salad w/ 2T Low Fat Dressing<br>4oz. Strawberries/ Bananas        | <b>THURSDAY 18, 2017</b><br>1sq. Beef Lasagna<br>4oz. Green Beans<br>4oz. Salad w/ 2T Low Fat Dressing<br>1Sl. Garlic Bread<br>4 oz. Jell-O w/ Fruit | <b>FRIDAY 19, 2017</b><br>2 Fish Tacos<br>4oz. Waffle Fries<br>4oz. Coleslaw<br>4oz. Fruit Salad                    |
| <b>MONDAY 22, 2017</b><br>4oz. Meatloaf<br>4oz. Mashed Potatoes<br>4oz. Diced Carrots<br>1Dinner Roll w/ 1tsp. Margarine<br>4oz. Oreo Pudding     | <b>TUESDAY 23, 2017</b><br>3oz. Chicken Salad Sandwich<br>2 oz. Lettuce/Tomato<br>4oz. Veggie Salad<br>1 Baked Chips<br>4 oz. Jell-O w/ Fruit                          | <b>WEDNESDAY 24, 2017</b><br>2 Beef Tacos<br>4oz. Lettuce/Tomato<br>4oz. Pinto Beans<br>4oz. Calabacitas w/ Green Chile<br>1 Fresh Fruit                               | <b>THURSDAY 25, 2017</b><br>3 oz. Sausage Link<br>4 oz. Wild Rice<br>4 oz. Steamed Broccoli<br>1Sl. Cornbread w/ 1tsp. Margarine<br>1 Cookie         | <b>FRIDAY 26, 2017</b><br>8oz. Beef Nacho w/ Fixings<br>4oz. Spanish Rice<br>4oz. Pinto Beans<br>4oz. Spiced Apples |
| <b>MONDAY 29, 2017</b><br><br><b>Closed</b><br><br>             | <b>TUESDAY 30, 2017</b><br>3oz. Steak Fingers w/ Gravy<br>4oz. Mashed Potatoes<br>4oz. Salad w/ 2T Low Fat Dressing<br>1Dinner Roll w/ 1tsp. Margarine<br>1 Ea. Cookie | <b>WEDNESDAY 31, 2017</b><br>1 Chicken Enchilada Bake<br>4oz. Green Chile Cream Corn<br>2Tbsp Salsa<br>4oz. Pinto Beans<br>2ct Saltine Crackers<br>4oz. Cinnamon Pears |                                                                  |                                                                                                                     |

**Board Meeting**  
**May 18, 2017**  
**Time: 1:30 p.m.**  
**Location: CRSMA**

**Curry Resident Senior Meals Association**  
**901 w. 13th**  
**Clovis, NM 88101**  
**(575) 762-9405**  
**E-Mail: crsmacperez@gmail.com**