

CRSMA Senior Diners' Club

August 2017

8oz. 2% Milk Served with all meals	SUGGESTED \$3.00 DONATION PER MEAL FOR PARTICIPANTS 60 YEARS AND OVER!! \$6.00 COST FOR PARTICIPANTS UNDER 60 YEARS OF AGE!			
	TUESDAY 1, 2017 1 Chili Relleno 4oz. Pinto Beans 4oz. Spanish Rice 4oz. Salad w/ 2T Low Fat Dressing 4oz. Ice Cream	WEDNESDAY 2, 2017 4oz. Country Fried Steak 4oz. Mashed Potatoes w/ Gravy 4oz. Green Beans 1Dinner Roll w/ 1tsp. Margarine 4oz. Fresh Fruit	THURSDAY 3, 2017 3oz. Sloppy Joe on Bun 4oz. Salad w/ 2T Low Fat Dressing 4oz. Curly Fries 1Ea. Corn on the cob 1 Sl. Peach Dump Cake	FRIDAY 4, 2017 1 Chicken Sandwich 1oz Lettuce, 1oz Tomato, 1 slice Cheese 4oz. Macaroni Salad 4 oz. Ranch Style Beans 4 oz. Fruit Yogurt
MONDAY 7, 2017 3 oz. Chicken fried Chicken w/Gravy 4oz. Mashed Potatoes 4oz. California Blend Vegetables 1Dinner Roll w/ 1tsp. Margarine 4oz. Cake w/Topping	TUESDAY 8, 2017 3oz. Meatball Sandwich 4oz. Potato Salad 4oz. Tomato/Cucumber Salad 4oz. Plums w/ Whipped Topping	WEDNESDAY 9, 2017 3oz. Teriyaki Chicken 1 Baked Potato 4oz. Salad w/ 2T Low Fat Dressing 1 Ea. Biscuit 4oz. Pineapple Pudding	THURSDAY 10, 2017 3oz. Tuna Salad Sandwich 2 oz. Lettuce/Tomato 4oz. Veggie Salad 1 Baked Chips 4 oz. Jell-O w/ Fruit	FRIDAY 11, 2017 1 French Dip Sandwich 4oz. Salad w/ 2T Low Fat Dressing 1 Baked Potato 2oz. Pickles & Onions 4 oz. Tapioca Pudding
<p>Reminder- Salad Bar donations do <u>NOT</u> 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.</p>				

MONDAY 14, 2017 Breakfast For Lunch 1 Biscuit w/Gravy 1 Sausage Patty 4oz. Scrambled Eggs 4oz. Cubed Potatoes 4oz. Watermelon	TUESDAY 15, 2017 3oz. Country Ham 4oz. Scalloped Potatoes 4oz. Broccoli 1Sl. Cornbread 1Sl. Cheesecake	WEDNESDAY 16, 2017 1 Chicken Fajita 4oz. Pinto Beans 4oz. Chip w/ 2oz. Salsa 4oz. Salad w/ 2T Low Fat Dressing 4oz. Strawberries/Bananas	THURSDAY 17, 2017 1sq. Beef Lasagna 4oz. Green Beans 4oz. Salad w/ 2T Low Fat Dressing 1Sl. Garlic Bread 4 oz. Jell-O w/ Fruit	FRIDAY 18, 2017 1 Green Chile Hamburger 1c Lettuce, Tomato & Onions 4 oz. Pasta Salad 4 oz. Baked Beans 4 oz. Cherry Cake
MONDAY 21, 2017 3 oz. Chicken Strips w/ Gravy 4oz. Mashed Potatoes 4oz. Green Beans 1Dinner Roll w/ 1tsp. Margarine 1sl. Cake w/ Topping	TUESDAY 22, 2017 1 Chili Cheese Hot Dog 1oz. Onions 4 oz. Waffle Fries 4 oz. Coleslaw 1 Ice Cream	WEDNESDAY 23, 2017 4oz. Meatloaf 4oz. Mashed Potatoes 4oz. Diced Carrots 1Dinner Roll w/ 1tsp. Margarine 4oz. Oreo Pudding	THURSDAY 24, 2017 6oz. Chicken Noodle Bake 4oz. California Blend Vegetables 1Dinner Roll w/ 1tsp. Margarine 1sl. Cake w/ Topping	FRIDAY 25, 2017 8oz. Beef Nacho w/ Fixings 4oz. Spanish Rice 4oz. Pinto Beans 4oz. Applesauce
MONDAY 28, 2017 3oz. Hamburger Steak 4oz. Au Gratin Potatoes 4oz. Green Beans 1Dinner Roll w/ 1tsp. Margarine 4oz. Pudding	TUESDAY 29, 2017 1 Chicken Enchilada 4oz. Green Chile Cream Corn 2Tbsp Salsa 4oz. Pinto Beans 2ct Saltine Crackers 4oz. Fresh Fruit	WEDNESDAY 30, 2017 4 oz. Frito Pie 2 oz. Lettuce/ 2 oz. Tomato 1 oz. Onion/ .25 oz. Cheese 4 oz. Mixed Vegetables 4oz. Apple Crisp	THURSDAY 31, 2017 3oz. BBQ Ribs 4oz. Pasta Salad 4oz. Baked Beans 1Dinner Roll w/ 1tsp. Margarine 4oz. Fruit Yogurt	

Board Meeting
August 17, 2017
Time: 1:30 p.m.
Location: CRSMA

Curry Resident Senior Meals Association
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