

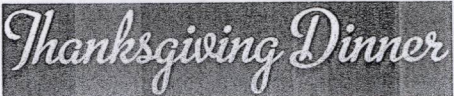


# CRSMA Senior Diners' Club

## November 2017

**SALAD BAR CLARIFICATION:** When the menu states "4oz. Tossed Salad w/ 2T Low Fat Dressing" that means salad mix and dressing on salad bar only. All other toppings cost \$1.00 if you choose to add them to your 4oz. salad.

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|---|--|--|--|--|
| 8oz. 2% Milk<br>Served with all meals   |  | <b>WEDNESDAY 1, 2017</b><br>1 Chili Relleno<br>4oz. Pinto Beans<br>4oz. Spanish Rice<br>4oz. Tossed Salad w/ 2T Low Fat Dressing<br>4oz. Cake w/Topping  | <b>THURSDAY 2, 2017</b><br>3oz. Country Ham<br>4oz. Scalloped Potatoes<br>4oz. California Blend Vegetables<br>1Sl. Cornbread<br>1Sl. Cheesecake  | <b>FRIDAY 3, 2017</b><br>8oz. Green Chile Stew<br>8oz. Tossed Salad w/ 2T Low Fat Dressing<br>1 Tortilla<br>1 Peach Cobbler    |
| <b>MONDAY 6, 2017</b><br>3 oz. Chicken Strips w/ Gravy<br>4oz. Mashed Potatoes<br>4oz. Peas&Carrots<br>1 Biscuit<br>4oz. Mandarin Oranges | <b>TUESDAY 7, 2017</b><br>3oz. BBQ Ribs<br>4oz. Pasta Salad<br>4oz. Baked Beans<br>1/2 Hoagie Bun<br>4oz. Fruit Yogurt | <b>WEDNESDAY 8, 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>THURSDAY 9, 2017</b><br>3oz Roasted Turkey<br>2oz. Stuffing<br>2oz. Mashed Potatoes<br>4oz Green Beans w/ Red Peppers,<br>4oz Cranberry Salad<br>1 Ea. Dinner Roll<br>2oz. Pumpkin Pie  | <b>FRIDAY 10, 2017</b><br><b>CLOSED</b><br> |
| <b>FOR PARTICIPANTS 60 YEARS AND OVER</b><br>SUGGESTED \$3.00 DONATION PER PLATE.<br>SUGGESTED \$1.00 DONATION PER SALAD PLATE.           |  |  |  <p>COME AND JOIN US FOR<br/>OUR ANNUAL CRSMA<br/>THANKSGIVING<br/>DINNER!</p>  |  |
| <b>GUEST UNDER 60 YEARS OF AGE</b><br>\$6.00 COST PER PLATE<br>(NO SALAD BAR)<br>\$7.00 COST PER PLATE + SALAD BAR                        |  |  |  |  |

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|--|--|---|---|--|
| <b>MONDAY 13, 2017</b><br>3oz. Sloppy Joe<br>3oz. Tater Tots<br>4oz. Green Beans<br>4oz. Oreo Pudding  | <b>TUESDAY 14, 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. Spiced Apples                  | <b>WEDNESDAY 15, 2017</b><br>1sq. Beef Lasagna<br>4oz. Green Beans<br>4oz. Salad w/ 2T Low Fat Dressing<br>1Sl. Garlic Bread<br>1 Cookie                        | <b>THURSDAY 16, 2017</b><br>6oz. Chicken Noodle Soup<br>4oz. Salad w/ 2T Low Fat Dressing<br>1/2 Sandwich<br>4oz. Diced Peaches   | <b>FRIDAY 17, 2017</b><br>1 French Dip Sandwich<br>4oz. Salad w/ 2T Low Fat Dressing<br>1 Baked Potato<br>2oz. Pickles & Onions<br>4oz. Applesauce |
| <b>MONDAY 20, 2017</b><br>1 Green Chile Cheese Hamburger<br>1c Lettuce, Tomato & Onions<br>4oz. Curly Fries<br>4oz. Baked Beans<br>4 oz. Ice Cream                             | <b>TUESDAY 21, 2017</b><br>6oz. Vegetable Beef Soup<br>4oz. Salad w/ 2T Low Fat Dressing<br>1/2 Sandwich<br>4oz. Cake w/Topping  | <b>WEDNESDAY 22, 2017</b><br>1 Taco Salad<br>4oz. Pinto Beans<br>4oz. Green Chile Cream Corn<br>4oz. Pudding  | <b>THURSDAY 23, 2017</b><br>   | <b>FRIDAY 24, 2017</b>   |
| <b>MONDAY 27, 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. Cake w/ Topping | <b>TUESDAY 28, 2017</b><br>6oz Chipotle Soup w/ 1oz. Corn Chips<br>1 Bake Potato w/tsp. Margarine<br>8oz Salad w/ 2T Low Fat Dressing<br>3 Packs Low Sodium Crackers<br>4oz. Brownie | <b>WEDNESDAY 29, 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 30, 2017</b><br>4oz. Meatloaf<br>4oz. Mashed Potatoes<br>4oz. Diced Carrots<br>1Dinner Roll w/ 1tsp. Margarine<br>4 oz. Jell-O w/ Fruit   |  |

**Board Meeting**  
**November 16, 2017**  
**Time: 1:30 p.m.**  
**Location: CRSMA**  
**EVERYONE IS WELCOME!!!**

**Curry Resident Senior Meals Association**  
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