

CRSMA SENIOR DINERS' CLUB JULY 2018

MONDAY 2, 2018 3 oz. Chicken Strips 4oz. Mashed Potatoes w/ Gravy 4oz. Salad w/ 2T Low Fat Dressing 1Dinner Roll w/ 1tsp. Margarine 4oz. Yogurt	TUESDAY 3, 2018 2 Ea. Sausage Links 4oz. Scrambled Eggs 4oz. Potato Cubes (Bell Pepper & Onion) 1Ea. Biscuit & Gravy 1Ea. Banana	WEDNESDAY 4, 2018 CLOSED 	THURSDAY 5, 2018 1 Fried Chicken 4oz. Mac n Cheese 4oz. Vegetable 1 Ea. Biscuit 1 Sl. Peach Dump Cake	FRIDAY 6, 2018 3oz. Country Ham 4oz. Scalloped Potatoes 4oz. Vegetable 1Sl. Cornbread w/ 1tsp. Margarine 1Sl. Cheesecake
MONDAY 9, 2018 1 Chile Relleno 4oz. Pinto Beans 4oz. Salad w/ 2T Low Fat Dressing 4oz. Chip w/ 2oz. Salsa 1 Cookie	TUESDAY 10, 2018 4oz. Country Fried Steak w/ Gravy 4oz. Vegetable 1Dinner Roll w/ 1tsp. Margarine 4oz. Strawberries/ Bananas	WEDNESDAY 11, 2018 3oz. BBQ Chicken 4oz. Potato Salad 4oz. Baked Beans 1Dinner Roll w/ 1tsp. Margarine 4oz. Cobbler	THURSDAY 12, 2018 2 Fish Tacos 4oz. Waffle Fries 4oz. Coleslaw 4oz. Mandarin Oranges	FRIDAY 13, 2018 1 French Dip Sandwich 4oz. Salad w/ 2T Low Fat Dressing 1 Baked Potato 2oz. Pickles & Onions 4oz. Pudding
 MONDAY 16, 2018 1 Green Chile Cheeseburger 1oz. Lettuce, Tomato & Onions 4oz. Curly Fries 4oz. Baked Beans 4 oz. Ice Cream	TUESDAY 17, 2018 1 Red Chile Beef Enchiladas 4oz. Pinto Beans 4oz. Salad w/ 2T Low Fat Dressing 4oz. Chip w/ 2oz. Salsa 4oz. Cake w/Topping	 WEDNESDAY 18, 2018 1 Hero Sandwich 2 oz. Lettuce/Tomato/ Cheese 4oz. Veggie Salad 1 Baked Chips 1 Assorted Muffin	THURSDAY 19, 2018 4oz. Meatloaf 4oz. Mashed Potatoes 4oz. Vegetable 1Dinner Roll w/ 1tsp. Margarine 4oz. Oreo Pudding	 FRIDAY 20, 2018 6oz. Cream Chicken over Noodles 4oz. Vegetable 1Sl. Cornbread w/ 1tsp. Margarine 4oz. Plums w/ Topping

MONDAY 23, 2018 3oz. Chicken Sandwich 2 oz. Lettuce/Tomato 4oz. Veggie Salad 4oz. French Fries 4 oz. Fruit Yogurt	TUESDAY 24, 2018 ½ oz. ea. Beef Tacos 4 oz. Lettuce / 2 oz. Tomato / ½ oz. Cheese 4 oz. Pinto Beans 4 oz. Spanish Rice 1 Brownie	WEDNESDAY 25, 2018 6oz. Vegetable Beef Soup 4oz. Salad w/ 2T Low Fat Dressing 1/2 Sandwich 4oz. Cake w/Topping	THURSDAY 26, 2018 3oz. Pork Loin w/ Gravy 4oz. Scalloped Potato 3oz. Black Eyed Peas 1Sl. Cornbread w/ 1tsp. Margarine 4oz. Seasonal Fresh Fruit	FRIDAY 27, 2018 6oz. Chicken Stir Fry w/ White Rice 1 Spring Roll 4oz. Salad w/ 2T Low Fat Dressing 4oz. Ice Cream
MONDAY 30, 2018 1sq. Beef Lasagna 4oz. Green Beans 4oz. Salad w/ 2T Low Fat Dressing 1Sl. Garlic Bread 1 Cookie	TUESDAY 31, 2018 1 Chicken Enchilada 4oz. Green Chile Cream Corn 2Tbsp Salsa 4oz. Pinto Beans 2ct Saltine Crackers 4oz. Pineapple Pudding			

Board Meeting
July 19, 2018
Time: 1:30 p.m.
Location: CRSMA
EVERYONE IS WELCOME!!!

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