


575-682-3022

**SACRAMENTO MOUNTAINS SENIOR SERVICES, INC.**  
**SERVING CLOUDCROFT, HIGH ROLLS & MOUNTAIN COMMUNITY CITIZENS AGED 60 +**

**CALL FOR RESERVATION BEFORE 8:30**

**October**

**LUNCH SERVED 11:30 TO 12:15**

Low-fat milk served with meal		<b>WEDNESDAY, OCT 1</b> Taco Burger Potato wedges Vegetable medley Apricots	<b>THURSDAY, OCT 2</b> Pepper Steak Stir Fry Vegetables Snow Peas Brown Rice Pineapple	<b>FRIDAY, OCT 3</b> Veggie Pizza Broccoli Non-fat Vanilla Yogurt Berries
<b>MONDAY, OCT 6</b> Ham & Cheese Sandwich Lettuce, Tomato Three Bean Salad Cold Beets Applesauce	<b>TUESDAY, OCT 7</b> Meat Lasagna Chateau Blend Vegetables Fruit salad	<b>WEDNESDAY, OCT 8</b> Carne Adovada Flour tortilla Pinto Beans Capri Vegetables Strawberries and bananas	<b>THURSDAY, OCT 9</b> Chicken Breast Sandwich Lettuce, Red Tomato Baked French Fries Carrots Mandarin oranges	<b>FRIDAY, OCT 10</b> Beef Tips and Gravy Brown Rice Italian Blend Vegetables Tropical Fruit salad
<b>MONDAY, OCT 13</b> Chicken Fried Steak Mashed Potatoes & Gravy Green Beans Wheat Roll Spiced Peaches Angel Food cake	<b>TUESDAY, OCT 14</b> Orange Chicken Brown Rice Stir Fry Vegetables Vegetable egg roll Fortune Cookie Pineapple	<b>WEDNESDAY, OCT 15</b> Salisbury Steak w/ Gravy Penne pasta w/ Mushrooms Diced Carrots Fruit Cocktail	<b>THURSDAY, OCT 16</b> Scalloped Potatoes w/Ham California Blend Veggies Wheat roll Orange Nonfat Cherry Vanilla Yogurt	<b>FRIDAY, OCT 17</b> Chicken Taco Pinto Beans Zucchini and Diced Tomatoes Watermelon
<b>MONDAY, OCT 20</b> Herbed Tilapia Brown Rice Pilaf w/ Mushrooms Green Beans Unsweetened Applesauce Chocolate Chip Cookie	<b>TUESDAY, OCT 21</b> Green Chili Chicken Enchiladas Calabacitas Grapes	<b>WEDNESDAY, OCT 22</b> Hot Dog w/ WW Bun Cucumber and Tomato Crinkle Fries Fruit Salad Nonfat vanilla yogurt  <b>ROADRUNNER</b>	<b>THURSDAY, OCT 23</b> Baked Penne Pasta Italian Vegetables WW Roll Peaches Nonfat vanilla yogurt	<b>FRIDAY, OCT 24</b> Tuna Salad Sandwich WW bread, lettuce leaves, Tomato Cold Beets Cold Peas Banana
<b>MONDAY Oct. 27</b> Fish and Chips Asparagus Coleslaw Wheat Roll Fruit Salad	<b>TUESDAY Oct. 28</b> Chicken Fettuccine Alfredo Italian blend veggies Wheat roll applesauce	<b>WEDNESDAY Oct 29</b> BBQ Pulled Pork on a Bun Herb Roasted Potatoes Carrot and Raisin salad Watermelon	<b>THURSDAY Oct 30</b> Salisbury Steak w Gravy Brown rice pilaf w/ mushrooms Roasted Brussel Sprouts WW Roll Pears	<b>FRIDAY Oct 31</b> Chicken Pasta Salad Granola bar oats N honey vanilla yogurt w/ sweet cherries