

SACRAMENTO MOUNTAINS SENIOR SERVICES, INC.

SERVING CLOUDCROFT, MAYHILL & HIGH ROLLS SENIOR CITIZENS AGED 60 +

CALL FOR RESERVATION BEFORE 8:30

mtnseniors.org




LUNCH SERVED 11:30 TO 12:15

575-682-3022



December 2023

RIDE THE VAN TO TOWN OR LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 2% Milk served daily Daily salad bar & Soup	Menu subject to change due to shortages from suppliers	What did Santa say at the start of the race? Ready, set, ho ho ho!	What do you call a snowman with a six-pack? The abdominal snowman.	1 Beef Stew Cucumber/ Tomato salad Beets Roll w/butter slice Cake, Strawberries, whipped topping
4 Beef, Chili, & Beans Broccoli cornbread/butter fruit salad	5 Mushroom Chicken Noodles Peas & carrots Roll Spiced pears	6 Cod Sandwich Baked French Fries green beans Apple	7 Baked Cheese Tortellini Italian Blend Vegetables Garlic bread Peaches	8 Orange Chicken steamed brown rice stir fry vegetables Pineapple Chunks egg roll Fortune cookie
11 Pork Posole flour tortilla radish, onion, lime, tomato, cilantro salsa Orange	12 Country Fried Steak Mashed potatoes/gravy Zucchini Wheat roll/butter Melon	13 Red Beef Enchiladas Spanish rice Pinto beans Fresh Pear	14 Turkey Dinner Turkey, dressing, gravy Cranberry salad Mashed potatoes/Gravy Green beans Roll/butter Dutch apple pie	15 Chicken & Dumplings Peas & Carrots Roll Banana
18 French Dip Sandwich Bun, au jus Baked Sweet potato fries Three Bean salad Grapes	19 Gr. Ch. Chicken Rotini Vegetable Medley w/butter Fruit Cocktail	20 Soft Beef Tacos Flour Tortillas lettuce, tomato, onion, salsa pinto beans calabacitas Gelatin w/apricots	21 Sweet & Sour Pork Brown rice Stir Fry Vegetables	22 CENTERS CLOSED 
25 CENTERS CLOSED 	26 Roasted Chicken Breast Parsley Potatoes Spinach Roll w/ butter Spiced Peaches	27 Hamburger Bun, lettuce, tomato, onion Sun chips California Blend veggies Fruit salad	28 GC Chicken Enchiladas Spanish rice Pinto beans Capri Vegetables w/butter Mandarin oranges	29 Cobb Salad lettuce, HB Egg, Ham, Chicken Breast, tomatoes, carrots, cucumber Dressing Crackers Orange