

SACRAMENTO MOUNTAINS SENIOR SERVICES, INC.

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

CALL FOR RESERVATION BEFORE 8:30

mtnseniors.org



LUNCH SERVED 11:30 TO 12:15



575-682-3022

September 2021

RIDE THE VAN TO TOWN OR LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
What do kids play when they can't play with a phone? Bored games.	Why was the weightlifter upset? He worked with dumbbells.	1 BBQ Chicken Thighs Cheesy Potatoes Capri Veggies	2 Pulled Pork Sandwich Baked Beans Cole Slaw	3 Chicken Fried Steak Mashed Potatoes/Gravy Spinach/Roll
6 CENTERS CLOSED 	7 Salisbury Steak Mashed Potatoes Onion Gravy Green Beans	8 White Lasagna Peas and Carrots Fruit	9 Beef Brisket Creamed Potatoes Broccoli	10 Green Chili Chicken Pot Pie (peas, carrots, potatoes, onions, green chilies, chicken)/Fruit Salad
13 Beef Stew Cornbread Fruit	14 Chili Relleno Pinto Beans Spanish Rice Sherbert	15 Chicken Gravy on a Biscuit Sweet Potato Spinach	16 Frito Pie (Chili, Cheese, Fritos, Onions)	17 Pork Lo Mein Asian Veggies Jasmine Rice Egg Roll
20 Pub Cod Oven Fries Green Beans Fruit Crisp	21 Spaghetti/Meal Sauce Garlic Bread Grilled Zucchini	22 Deli Sandwich (Turkey, Cheese, Bread) Veggie Sticks Cole Slaw	23 Pork Loin Mashed Potatoes/Gravy Spinach	24 Beef Stroganoff Broccoli Fruit
27 Baked Ham Sweet Potato Brussel Sprouts	28 Chicken Pot Pie Red Beets	29 Posole Tortilla Fruit	30 Mac 'n' Cheese/Ham Green Beans Fruit	 2% MILK SERVED