

2023

JULY



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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senior nutrition
what's for lunch El Paso?

Milk
Served
Daily

01

Bratwurst w/
Sauerkraut, Green
beans, Steamed
Carrots, Hoagie Roll

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CLOSED

Special Holiday Meal

Hot Dog, Pinto
Beans, Sun Chips.

Country-Fried Steak,
Mashed Potatoes w/
Gravy, Glazed Carrots,
WG Roll, Applesauce

Turkey Meatballs,
Peas, Roasted Corn,
WG Roll

Chicken Mole, Refried
Beans, Spanish Rice,
WG Tortilla, Cookie

Tuna Salad on Mixed
Greens, Carrot and
Raisin Salad,
Cucumber Medley,
WG Croissant

Grilled Chicken
Nuggets, Macaroni
and Cheese, Mixed
Vegetables, WG
Dinner Roll

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Beef Chile Verde, Rice
Pilaf, Refried Beans,
WW Tortilla

Cuban Pork Torta,
Black Beans, Mixed
Vegetable, Roll Telera

Chicken Fajitas,
Chuckwagon Corn,
Pinto Beans, WG
Tortilla

Fish Sandwich,
Roasted Potatoes,
Prince Vegetables,
WG Bun, Goldfish
Crackers

Egg Salad w/ Celery &
Bell Pepper, Lettuce &
Tomato, Pickled
Beets, WG Croissant

Steak Fingers, Mashed
Potatoes w/Gravy,
Carrots. WG Roll

17

18

19

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Chicken w/ Alfredo
Sauce, Green
Beans, Pasta, WG Roll,
Applesauce.

Chile Colorado, Rice
with Corn, Refried
Beans, WG Tortillas,
Fresh Fruit

Beef Patty Melt, Dilled
Carrots, Steamed
Peas, WG Bun,
Pudding

Beef and Bean
Burrito, Corn, Mixed
Vegetables, Fruit Cup

Turkey and Cheddar
Sandwich w/ lettuce
and tomato, Coleslaw,
Hoagie Roll, Sun Chips

Vegetable Spring Roll,
Asian Mixed
Vegetable, Brown
Rice, Fortune cookie

24

25

26

27

28

29

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Pork Riblet w/ BBQ
Sauce, 5-Way
Vegetable Blend,
Garlic Smashed
Potatoes, Fresh Fruit

Kung Pao Beef, White
Rice, Broccoli, Fortune
Cookie

Breaded Fish,
Macaroni and Cheese,
Prince Vegetables,
Goldfish Crackers

Italian Chicken
Sandwich, Mixed
Vegetable, Red
Potatoes, Sliced
Baguette

Chile Relleno, Refried
Beans, Star Soup, WW
Tortilla

Smothered Burger w/
Mushrooms, Red
Potatoes, Mixed
Vegetable, WG
Hamburger Bun

31

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Salisbury Steak in
Gravy, Mashed
Potato, Diced Carrots,
Dinner Roll, Pudding

**AVERAGE
KCAL PER
DAY
500-800**

Approved by Jesse Selisnky
RDN Food and Nutrition
solutions LLC June 20 2023

COUNTY AND SELRICO WILL BE CLOSED TUESDAY JULY 4-2023 (INDEPENDENCE DAY)

2023

AUGUST



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
W e e k 5		01	02	03	04	05
	Milk Served Daily	Chicken Pozole, Coleslaw, Canned Fruit, WG Roll	Mexican Discada, Spanish Rice, Chuckwagon Corn, WG Tortilla, Fruit Cup	Beef Mechado, Pinto Beans, White Rice, WW Tortilla	Chicken Salad on Mixed Greens, Potato Salad, Applesauce, WG Croissant, Sun Chips	Bratwurst w/ Sauerkraut, Green beans, Steamed Carrots, Hoagie Roll
W e e k 1	07	08	09	10	11	12
	Pork Egg Rolls, White Rice, Broccoli, Fortune Cookie	Country-Fried Steak, Mashed Potatoes w/ Gravy, Glazed Carrots, WG Roll, Applesauce	Turkey Meatballs, Peas, Roasted Corn, WG Roll	Chicken Mole, Refried Beans, Spanish Rice, WG Tortilla, Cookie	Tuna Salad on Mixed Greens, Carrot and Raisin Salad, Cucumber Medley, WG Croissant	Grilled Chicken Nuggets, Macaroni and Cheese, Mixed Vegetables, WG Dinner Roll
W e e k 2	14	15	16	17	18	19
	Beef Chile Verde, Rice Pilaf, Refried Beans, WW Tortilla	Cuban Pork Torta, Black Beans, Mixed Vegetable, Roll Telera	Chicken Fajitas, Chuckwagon Corn, Pinto Beans, WG Tortilla	Fish Sandwich, Roasted Potatoes, Prince Vegetables, WG Bun, Goldfish Crackers	Egg Salad w/ Celery & Bell Pepper, Lettuce & Tomato, Pickled Beets, WG Croissant	Steak Fingers, Mashed Potatoes w/Gravy, Carrots. WG Roll
W e e k 3	21	22	23	24	25	26
	Chicken w/ Alfredo Sauce, Green Beans, Pasta, WG Roll, Applesauce.	Chile Colorado, Rice with Corn, Refried Beans, WG Tortillas, Fresh Fruit	Beef Patty Melt, Dilled Carrots, Steamed Peas, WG Bun, Pudding	Beef and Bean Burrito, Corn, Mixed Vegetables, Fruit Cup	Turkey and Cheddar Sandwich w/ lettuce and tomato, Coleslaw, Hoagie Roll, Sun Chips	Vegetable Spring Roll, Asian Mixed Vegetable, Brown Rice, Fortune cookie
W e e k 4	28	29	30	31	AVERAGE KCAL PER DAY 500-800	
	Pork Riblet w/ BBQ Sauce, 5-Way Vegetable Blend, Garlic Smashed Potatoes, Fresh Fruit	Kung Pao Beef, White Rice, Broccoli, Fortune Cookie	Breaded Fish, Macaroni and Cheese, Prince Vegetables, Goldfish Crackers	Italian Chicken Sandwich, Mixed Vegetable, Red Potatoes, Sliced Baguette		

Jesse Sellinsky
 Approved by Jesse Sellinsky
 RDN Food and Nutrition
 solutions LLC June 20 2023

2023

SEPTEMBER



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 4	<p>senior nutrition what's for lunch El Paso?</p>	<p>Approved by Jesse Selinsky RDN Food and Nutrition solutions LLC June 20 2023</p>	<p>Milk Served Daily</p>	<p>AVERAGE KCAL PER DAY 500-800</p>	01 Chile Relleno, Refried Beans, Star Soup, WW Tortilla	02 Smothered Burger w/ Mushrooms, Red Potatoes, Mixed Vegetable, WG Hamburger Bun
Week 5	<p>CLOSED</p> <p>Salisbury Steak in Gravy, Mashed Potato, Diced Carrots, Dinner Roll, Pudding</p>	05 Chicken Pozole, Coleslaw, Canned Fruit, WG Roll	06 Mexican Discada, Spanish Rice, Chuckwagon Corn, WG Tortilla, Fruit Cup	07 Beef Mechado, Pinto Beans, White Rice, WW Tortilla	08 Chicken Salad on Mixed Greens, Potato Salad, Applesauce, WG Croissant, Sun Chips	09 Bratwurst w/ Sauerkraut, Green beans, Steamed Carrots, Hoagie Roll
Week 1	11 Pork Egg Rolls, White Rice, Broccoli, Fortune Cookie	12 Country-Fried Steak, Mashed Potatoes w/ Gravy, Glazed Carrots, WG Roll, Applesauce	13 Turkey Meatballs, Peas, Roasted Corn, WG Roll	14 Chicken Mole, Refried Beans, Spanish Rice, WG Tortilla, Cookie	15 Tuna Salad on Mixed Greens, Carrot and Raisin Salad, Cucumber Medley, WG Croissant	16 Grilled Chicken Nuggets, Macaroni and Cheese, Mixed Vegetables, WG Dinner Roll
Week 2	18 Beef Chile Verde, Rice Pilaf, Refried Beans, WW Tortilla	19 Cuban Pork Torta, Black Beans, Mixed Vegetable, Roll Telera	20 Chicken Fajitas, Chuckwagon Corn, Pinto Beans, WG Tortilla	21 Fish Sandwich, Roasted Potatoes, Prince Vegetables, WG Bun, Goldfish Crackers	22 Egg Salad w/ Celery & Bell Pepper, Lettuce & Tomato, Pickled Beets, WG Croissant	23 Steak Fingers, Mashed Potatoes w/Gravy, Carrots. WG Roll
Week 3	25 Chicken w/ Alfredo Sauce, Green Beans, Pasta, WG Roll, Applesauce.	26 Chile Colorado, Rice with Corn, Refried Beans, WG Tortillas, Fresh Fruit	27 Beef Patty Melt, Dilled Carrots, Steamed Peas, WG Bun, Pudding	28 Beef and Bean Burrito, Corn, Mixed Vegetables, Fruit Cup	29 Turkey and Cheddar Sandwich w/ lettuce and tomato, Coleslaw, Hoagie Roll, Sun Chips	30 Vegetable Spring Roll, Asian Mixed Vegetable, Brown Rice, Fortune cookie

COUNTY AND SELRICO WILL BE CLOSED MONDAY SEPTEMBER 4-2023 (LABOR DAY)