2022 JANUARY

SELRICO SERVICES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 4	27 Milk Served Daily	28 seniornutrition what's for lunch El Paso?	29	30 Approved by Jesse Selisnky RDN, Food and Nutrition Solutions LLC, 12/28/2021	31	01 Smothered Burger w/ Mushrooms, Red Potatoes, Mixed Vegetable, WW Hamburger Bun
WEEK 5	03 Turkey Picadillo, Rice, Carrots, Breadstick	04 Chicken Enchilada Casserole, Mexican Rice, Refried Beans	05 Mexican Discada, White Rice,Chuckwagon Corn , WW Tortilla	06 Country-Fried Steak, Mashed Potatoes w/ Gravy, Glazed Carrots, WW Bun	07 Chicken Salad on Mixed Greens, Potato Salad, Applesauce, WW Croissant	08 Meatloaf with Gravy, Mashed Potatoes, Mixed vegetables, WG Roll, Yogurt
WEEK 1	10 Ham & Cheese Fusilli, Sweet Potatoes, Rancho Fiesta Blend Vegetables	11 Mexican Chicken Pasta, Pinto beans, Mixed Vegetables, Breadstick	12 Turkey Meatball, Peas, Roasted Corn, WG Roll	13 Chicken Mole, Refried Beans, Spanish Rice, WW Tortilla, Cookie	14 Tuna Salad on Mixed Greens, Carrot & Raisin Salad, Cucumber Medley, WW Croissant	15 Pork Chopette, Dilled Red Potatoes, Green Beans, WW Bun, Fruit cup
WEEK 2	17 Pork Riblet w/ BBQ Sauce, 5-Way Vegetable Blend, Garlic Smashed Potatoes, WG Animal Crackers	18 Hamburger Steak, Potato Au Gratin, Steamed Carrots, WG Bun	19 Chicken Fajitas, Stewed Tomatoes, Pinto Beans, Flour Tortilla, Mixed fruit cup	20 Turkey & Potato Skillet, Roasted Broccoli, Corn, Garlic bread,	21 Egg Salad w/ Celery & Bell Pepper, Lettuce & Tomato, Pickled Beets, WW Croissant	22 Beef and Bean Burritio, Corn, Pinto Beans
WEEK 3	24 Chicken Sandwich, Mashed Potatoes, Green Beans, Hoagie Roll, Pudding	25 Chile Colorado, Spanish Rice, Refried Beans, WW Tortilla	26 Beef Patty Melt, Potatoes Au Gratin, Steamed Peas, WG Bun	27 Red Chilaquiles w/ Corn Tortillias, Spanish Rice, Pinto Beans, Cookie	28 Chicken Meatballs with Spaghetti, Roasted Yellow Squash, Green Beans, Garlic Bread, Pudding	29 Sliced Turkey w/ Gravy, Green Beans, Steamed Carrots, WG Roll, Fruit Cup

2022 FEBRUARY

SELRICO SERVICES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 4	31 Chicken Baked Ziti, Vegetable Blend, Zucchini, WG Breadstick	01 Beef Teriyaki, Brown Rice, Peas and Carrots, Fortune Cookie	02 Breaded Fish, Au Gratin Potatoes, Spinach & Onions, Crackers, Mixed Fruit Cup	03 Mexican Fiesta Bake, Roasted Zucchini, Corn	04 Chicken & Rice Soup, California Vegetables, Spiced Peaches, Garlic Bread	05 Smothered Burger w/ Mushrooms, Red Potatoes, Mixed Vegetable, WW Hamburger Bun
WEEK 5	07 Turkey Picadillo, Rice, Carrots, Breadstick	08 Chicken Enchilada Casserole, Mexican Rice, Refried Beans	09 Mexican Discada, White Rice,Chuckwagon Corn , WW Tortilla	10 Country-Fried Steak, Mashed Potatoes w/ Gravy, Glazed Carrots, WW Bun	11 Chicken Salad on Mixed Greens, Potato Salad, Applesauce, WW Croissant	12 Meatloaf with Gravy, Mashed Potatoes, Mixed vegetables, WG Roll, Yogurt
WEEK 1	14 Ham & Cheese Fusilli, Sweet Potatoes, Rancho Fiesta Blend Vegetables	15 Mexican Chicken Pasta, Pinto beans, Mixed Vegetables, Breadstick	16 Turkey Meatball, Peas, Roasted Corn, WG Roll	17 Chicken Mole, Refried Beans, Spanish Rice, WW Tortilla, Cookie	18 Tuna Salad on Mixed Greens, Carrot & Raisin Salad, Cucumber Medley, WW Croissant	19 Pork Chopette, Dilled Red Potatoes, Green Beans, WW Bun, Fruit cup
WEEK 2	21 Pork Riblet w/ BBQ Sauce, 5-Way Vegetable Blend, Garlic Smashed Potatoes, WG Animal Crackers	22 Hamburger Steak, Potato Au Gratin, Steamed Carrots, WG Bun	23 Chicken Fajitas, Stewed Tomatoes, Pinto Beans, Flour Tortilla, Mixed fruit cup	24 Turkey & Potato Skillet, Roasted Broccoli, Corn, Garlic bread,	25 Egg Salad w/ Celery & Bell Pepper, Lettuce & Tomato, Pickled Beets, WW Croissant	26 Beef and Bean Burritio, Corn, Pinto Beans
WEEK 3	28 Chicken Sandwich, Mashed Potatoes, Green Beans, Hoagie Roll, Pudding		Milk Served Daily			

Approved by Jesse Selisnky RDN, Food and Nutrition Solutions LLC, 12/28/2021

Serving Love In Every Meal

seniornutrition

what's for lunch El Paso?

2022 MARCH

SELRICO SERVICES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 3	28 Milk Served Daily	01 Chile Colorado, Spanish Rice, Refried Beans, WW Tortilla	02 Beef Patty Melt, Potatoes Au Gratin, Steamed Peas, WG Bun	03 Red Chilaquiles w/ Corn Tortillias, Spanish Rice, Pinto Beans, Cookie	04 Chicken Meatballs with Spaghetti, Roasted Yellow Squash, Green Beans, Garlic Bread, Pudding	05 Sliced Turkey w/ Gravy, Green Beans, Steamed Carrots, WG Roll, Fruit Cup
WEEK 4	07 Chicken Baked Ziti, Vegetable Blend, Zucchini, WG Breadstick	08 Beef Teriyaki, Brown Rice, Peas and Carrots, Fortune Cookie	09 Breaded Fish, Au Gratin Potatoes, Spinach & Onions, Crackers, Mixed Fruit Cup	10 Mexican Fiesta Bake, Roasted Zucchini, Corn	11 Chicken & Rice Soup, California Vegetables, Spiced Peaches, Garlic Bread	12 Smothered Burger w/ Mushrooms, Red Potatoes, Mixed Vegetable, WW Hamburger Bun
WEEK 5	14 Turkey Picadillo, Rice, Carrots, Breadstick	15 Chicken Enchilada Casserole, Mexican Rice, Refried Beans	16 Mexican Discada, White Rice,Chuckwagon Corn , WW Tortilla	17 Country-Fried Steak, Mashed Potatoes w/ Gravy, Glazed Carrots, WW Bun	18 Chicken Salad on Mixed Greens, Potato Salad, Applesauce, WW Croissant	19 Meatloaf with Gravy, Mashed Potatoes, Mixed vegetables, WG Roll, Yogurt
WEEK 1	21 Ham & Cheese Fusilli, Sweet Potatoes, Rancho Fiesta Blend Vegetables	22 Mexican Chicken Pasta, Pinto beans, Mixed Vegetables, Breadstick	23 Turkey Meatball, Peas, Roasted Corn, WG Roll	24 Chicken Mole, Refried Beans, Spanish Rice, WW Tortilla, Cookie	25 Tuna Salad on Mixed Greens, Carrot & Raisin Salad, Cucumber Medley, WW Croissant	26 Pork Chopette, Dilled Red Potatoes, Green Beans, WW Bun, Fruit cup
WEEK 2	28 Pork Riblet w/ BBQ Sauce, 5-Way Vegetable Blend, Garlic Smashed Potatoes, WG Animal Crackers	29 Hamburger Steak, Potato Au Gratin, Steamed Carrots, WG Bun	30 Chicken Fajitas, Stewed Tomatoes, Pinto Beans, Flour Tortilla, Mixed fruit cup	31 Turkey & Potato Skillet, Roasted Broccoli, Corn, Garlic bread,	01 Approved by Jesse Selisnky RDN, Food and Nutrition Solutions LLC, 12/28/2021	02 Serving Love In Every Meal seniornutrition what's for lunch El Paso?