



2% milk served at meals

Harding County Senior Center May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
NOTE: Menus subject to change without notice	Roy Senior Center 575 -485 -2639	MOSQUERO HOMESTEADER SENIOR CENTER 575 -673- 2310	Happy Mother's Day May God Bless all the Mothers.	Baked Cod (4 oz. Baked Cod 1 oz. Lemon Juice, 2 TBSP Tartar Sauce) 1/2c LS Tomato & Cucumber Salad 1/2c Peas 1 WW Roll w/ 1 tsp unsalted butter 1 Apple
4 Turkey Wrap (8" Wheat tortilla, 2oz turkey, 1oz Swiss cheese, 1/2 c lettuce, 2 slices tomatoes) 1/2 c LS cucumber and tomato salad 1/2 c LS cold beets 1c Tropical Fruit salad	5 Spaghetti w/ Meat Sauce (1/2 Spaghetti Noodles, 6 oz meat sauce-3oz beef, 3oz NAS marinara sauce) 1.5c Tossed salad 2 TBSP light Italian dressing 1/2 c Pineapple	6 1c Chili w/ beans (3oz Beef, 1/2 c Pinto beans) 1.5c Tossed salad w/ 2 TBSP light Italian Dressing 1oz Cornbread 1c Fruit Salad	7 Beef Fajitas (3 oz. Beef, 1/2c peppers & onions, 1 6" flour tortilla, 2 TBSP Salsa) 1/2c Pinto beans 1c Capri Blend Vegetables w/ 1 tsp Margarine 1c Butterscotch Pudding	8 Ham & Cheese Sandwich (2 oz. LS Ham, 1 oz. sliced Swiss cheese, 1/2 c. lettuce, 2 slices tomato, 2 slices wheat bread) 1/2c LS Three Bean Salad 3/4 c LS Tomatoe Soup Orange
11 4oz LS Baked Fish Patty 2 TBSP tartar sauce 1/3c NAS baked French fries 3/4c Broccoli w/ 1 tsp margarine Wheat roll w/ 1 tsp unsalted butter 1/2 c Fruit Cocktail	12 Cheeseburger (1 bun, 3 oz. patty, 1oz sliced cheese, 1/2 c. lettuce 2 slices tomato, 1 slice onion) 1/3c Potato Wedges 1c Green Beans 1c Apple Slices	13 3oz Baked Pork chop 2oz LS Pork Gravy 3/4c Roasted Brussel Sprouts 1/3c LS Parsley Potatoes 1.5c Tossed salad 2 TBSP Light Dressing 1c Mandarin oranges	14 Wednesday, May 6, 2026 6oz LS LF Broccoli Cheese Soup) (1/2 c Broccoli, 0.5oz LF cheese) 1 HB Egg 1.5c Tossed salad 2 TBSP Dressing 1c Fruit salad	15 Tuna salad Sandwich (3/4c Tuna salad w/ 3oz Tuna, 1/2c lettuce, 2 slices wheat bread) 1/2 c Carrot Raisin Salad 1/2 c Cucumber Wedges 1/2 c Pineapple Chunks



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18	19	20	21	22
Beef Taco (3oz Beef, 1/2c Lettuce and Tomato, .5oz Shredded Cheese, 1 6in Flour Tortilla, 2 TBSP Salsa) 1/2 LS Pinto Beans 1 Apple	Chicken Cobb Salad (3 oz Grilled Ckn, 4 slices Avocado, 1c Romaine Lettuce, 1 HB Egg, 1 TBSP Bacon bits, 1/4c Tomato) 2 TBSP light ranch dressing Wheat roll 1c Fruit salad	1c RC Pork Posole (3oz pork, 1/2c hominy, 1/4c red Chile) 1 6in tortilla 1/2c Cucumber and Tomato Salad 1/2 c Broccoli 1/2 c Pineapple	3oz LS Lemon Pepper Catfish 1oz Tartar sauce 1/2c Rice Pilaf 1c Garden Salad 1c California Blend Vegetables 1/2 c Pears	Beef Stroganoff (3 oz. Beef, 2 oz. Sauce, 1/2c Noodles) 1c Capri Vegetables 1c Tossed Salad 1 WW Roll w/ 1 tsp. Margarine 1c Strawberries w/ 1/2 Slice SF Angel Food Cake
25	26	27	28	29
CLOSED MEMORIAL DAY	3oz LS Tilapia w/ 1/2c onions and peppers 1/2c Wild rice 1/2c Sliced carrots WW roll w/1 tsp margarine 1/2c Diced peaches	Pepper Steak (1/2c Peppers and Onions, 3oz Beef, 2oz sauce) 1c Stir Fry Vegetables 1/2c Brown rice 1c Mandarin oranges	3oz Chicken Strips 2oz White Gravy 1/2c NAS Baked French Fries 1/2c Green Beans 1 Roll 1/2c Peaches	Chef Salad w/ Turkey & HB Egg (1c romaine lettuce, 1/4c cucumbers, 1/4c tomatoes, 1oz red cabbage, 1oz turkey, 1 HB Egg, 1/2 c Beets 6 WW Crackers 2 Tbsp light ranch Dressing) Fruit