



2% milk served at meals

Harding County Center September 2026

NOTE:

Menu is subject to Menu is subject to change change

	Tuesday September 1 Navajo Taco (1oz Fry Bread, 3oz ground beef, 1/2c Lettuce and tomato, .5oz Cheese) 2 tbs Salsa 1/2c LS Pinto Beans 1/2c Tomatoe and Cucumber Salad 1c Watermelon	Wednesday September 2 BBQ Chicken Breast (1 TBSP BBQ sauce, 3oz Chicken Breast) 1/2c LS Three bean salad 1/2c LS Roasted Brussel sprouts Wheat roll 1c Tropical Fruit salad	Thursday September 3 Pork Tamale (1.5oz Pork, 1oz RC, 1/3c Masa) 2oz LS RC sauce 1/2c LS Pinto Beans 1 6in Flour tortilla 1c Yellow squash and Diced Tomatoes 1c Mango chunks	Friday September 4 Chicken Strips 3oz Chicken strips 2oz Country Gravy 1/2c Peas 1/2c NAS Stewed tomatoes 1 Roll 1c Salad 1 tsp margarine ½ c Apple Slices 1 Peanut Butter Cookie
Monday September 7 CLOSED	Tuesday September 8 Chicken Advovada (3oz Chicken, 2oz RC sauce) 1 6 in Flour tortilla 1/2c Spanish Rice 1c capri vegetables 1c Salad 1 Apple	Wednesday September 9 3oz Breaded Fish 1 TBSP tartar sauce 1/3c NAS Baked French fries 1/2c Cole Slaw 3/4c Broccoli 1 WW Bun 1/2c Fruit cocktail	Thursday September 10 Beef Fajitas (3 oz. Beef, 1/2c peppers & onions, 1 6" Flour tortilla, 2 TBSP Salsa) 2Tbs cheese 1/2c Pinto beans 1/2c Calabacitas 1c Diced Pears	Friday September 11 3/4c Meat Lasagna (1/2c Lasagna, 1oz cheese, 2oz NAS marinara sauce, 2oz Beef, 1oz Cheese) 3/4c Tossed salad 1 TBSP Lt Italian Dressing 1c Strawberries and bananas
Monday September 14 3/4c Hamburger Macaroni (3oz beef, 1/4c macaroni, 1/8 diced tomatoes) 1.5c Tossed Salad 2 TBSP LT Ranch Dressing WW Roll 1c Tropical Fruit salad 1/2c Light sugar free nonfat vanilla pudding	Tuesday September 15 Pulled Pork (3oz Pulled pork w/ 1oz BBQ sauce 1c Coleslaw w/ 2 TBSP dressing 1/2c LS Peas 3.4c cucumber and tomato slices 1 WW Bun 3/4c Peaches	Wednesday September 16 Classic Hamburger (1 wheat bun, 3 oz. patty, 1/2c lettuce 2 slices tomato, 1 slice onion) 1/3c Potato Wedges 1c Vegetable medley 1c Mandarin Oranges	Thursday September 17 Lemon Pepper Tilapia 4oz LS Lemon Tilapia 2 TBSP tartar sauce 1/2c LS brown Rice pilaf 3/4c asparagus 1.5c Tossed salad 2 TBSP light Italian dressing 1c Fruit salad	Friday September 18 Polish Sausage 2oz Polish Sausage 1/2c Peppers and onions 1/2c LS Parsley potatoes 1 WW Roll 1 Banana



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Monday September 21 Chicken Sandwich (3oz Chicken, 2 slices WW Bread) 1c LS Tomato Soup 1c Spinach Salad (1c baby spinach, 1/8c red onion, 1/4c tomatoes, 1 HB egg) 2 TBSP light ranch dressing 1c Light (SF) nonfat vanilla yogurt 1c Mixed Berries	Tuesday September 22 Beef Taco (3oz Beef, 1/2c Lettuce and Tomato, 2 TBSP Salsa, 2 corn tortilla) 1/2 LS Pinto Beans 1c Capri vegetables 1c Pineapple Chunks	Wednesday September 23 1c GC Pork Posole (3oz pork, 1/2c hominy, 1/4c Green Chile) 6 WW Crackers 1c Tossed Salad 1c Vegetable medley 1/2c Spiced Pears	Thursday September 24 Salmon Patties 4oz LS Salmon Patties 2 TBSP Tartar Sauce 1/2c LS Brown Rice Pilaf 1c Carrots and Green Beans 1 WW Bun 1/2c Peaches	Tuesday 25, 2026 6oz Red Beef Enchilada (2oz Red chile, 2oz ground beef, 2 corn tortillas, 1/4c onions, 1oz shredded cheese, 1/2c Lettuce and tomatoes) 1/2c Pinto Beans 1/2c Calabacitas 1 Orange
Monday September 28 Sloppy Joe's (1 HB Wheat Bun, 3 oz ground beef, 1/4c Sauce, 1/4c peppers and onions) 1/3c LS Potato salad 1c California blend vegetables 1 Pear	Tuesday September 29 Tuna Salad Sandwich (3/4c Tuna salad w/ 3oz Tuna, 1/2c lettuce, 1/2 tomatoes, 2 slices wheat bread) 1/2c LS Three bean salad 1c Fruit Cocktail	Wednesday September 30 Red Chile w/ Beef Meat (2oz Red chili 3oz beef meat) 1 6" flour tortilla 1/2c LS Pinto Beans 1c Capri vegetables w/ 1 tsp unsalted butter 1/2c Cherrie Cobbler	Roy Senior Center Roy New Mexico 575-485-2639	Homesteader Senior Center 24 Main St. Mosquero NM 87733 575-673-2310

Nutrient Table