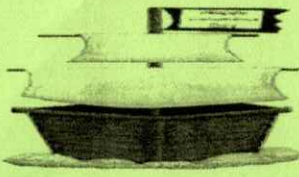



OCTOBER

2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
4oz SLOPPY JOES	(2)1.5oz BEEF TACOS	4oz TAMALES	4oz GC CHEESEBURGER	6OZ FRITO PIE
1/2c FRENCH FRIES	1c LETTUCE/TOMATO	1/2c GARDEN SALAD	3oz LETTUCE/TOM/ONION	(CHILI, FRITO CHIPS, CHEESE)
1/2c MIXED VEGETABLES	1/2c SPANISH RICE	1/2c PINTO BEANS	1/2c RANCH STYLE BEANS	1/2C GARDEN SALAD
1c DICED PEARS	1/2c PINTO BEANS	(1) FLOUR TORTILLA	1/2c TATOR TOTS	1/2C GREEN BEANS
	1/2c MANDARINE ORANGES	1/2c LIME JELLO W/PEARS	(1) CHOCOLATE CAKE	1/2C BANANA PUDDING W/WAFER
9	10	11	12	13
Columbus Day	4OZ SALISBURY STEAK	3oz ROAST BEEF W/GRAVY	8OZ GREEN CHILE PORK STEW	3OZ FRIED CHICKEN
	1/2C MASHED POTATOES	1c MASHED POTATOES	(1) CORNBREAD	1/4C OKRA
	1/2C WINTER BLEND/CHEESE SAUCE	1/2c GREEN BEANS	1/2C TOMATO, CUCUMBER SALAD	1C MEXICORN
	(1) BREAD	(1) ROLL	(1) COOKIE	(1) BREAD
	4OZ STRAWBERRY SHORT CAKE	1/2c TROPICAL FRUIT		1/2C CHOCOLATE ICE CREAM
16	17	18	19	20
4OZ MEATBALLS W/GRAVY	3/4C GC CHICKEN ENCHILADAS	4OZ STEAK N STUFF	8OZ POSOLE	8OZ RC BEEF & POTATOES
1/2C STEAMED RICE	1/2c PINTO BEANS	1/2C SCALLOPED POTATOES	1/2C CALABACITAS	1/2C PINTO BEANS
1/2C ORIENTAL VEGETABLES	(6) CRACKERS	1/2C CORN W/PEPPERS	8OZ TOSSED SALAD	(1) FLOUR TORTILLA
(1) BREAD	1c VANILLA PUDDING	(1) BREAD	(4) CRACKERS	(1) PUMPKIN PIE
1/2C TROPICAL SALAD		1/2C APRICOTS	(1) COOKIE	
23	24	25	26	27
8OZ RIGATONI W/MEAT SAUCE	8OZ RC ENCHILADAS	4oz STEAK FINGERS	8OZ BEEF STEW	8oz CHICKEN & DUMPLING
1/2C BROCCOLI	1/2C LETTUCE/TOMATOES	1/2c MASHED POTATOES W/GRAVY	1/2C BEET & ONION SALAD	CASSEROLE
1/2C GARDEN SALAD	1/2C SPANISH RICE	1/2 C CARROT RAISIN SALAD	(1) CORNBREAD	1/2c ASPARAGUS
(1) GARLIC BREAD	1/2C PINTO BEANS	(1) ROLL	3OZ CHOCOLATE CAKE	1/2c CARROTS W/PEPPERS
1/2C PURPLE PLUMS	1/2C PINEAPPLE UPSIDE DOWN CAKE	1/2c FRUIT COCKTAIL		1/2c CHERRY JELLO/PEARS
30	31			
10Z PULLED PORK SANDWICH	4OZ FRIED CHICKEN			
1/2C FRENCH FRIES	1/2C MAC & CHEESE			
1C MIXED VEGETABLES	1/2C BROCCOLI W/RED BELL PEPPER			
1/2C MANDARINE ORANGES	(1) BROWNIE			



**SOUTHEAST NM COMMUNITY ACTION
SENIOR CITIZEN PROGRAM
OCTOBER 2023**

**REFERRALS FOR HOME
DELIVERED MEALS PLEASE CALL**

- ROSE ANN IN CARLSBAD
(575)887-7163
- BELINDA IN ARTESIA
(575)736-2166 (new
number)

**HEATING INSTRUCTIONS FOR
HOME DELIVERED MEALS
OVEN**

- FROZEN MEALS, KEEP
FROZEN UNTIL READY TO
EAT. THE TRAY IS
MICROWAVE SAFE AND
OVEN SAFE.
- PRE-HEAT OVEN TO 350
DEGREES AND PLACE ON
AN OVEN PROOF TRAY
- BAKE FOR 15 MINUTES OR
UNTIL FOOD IS HOT.
- CAREFULLY REMOVE
FROM OVEN, USE
CAUTION WHEN PEELING
THE FILM BACK; THE
STEAM COULD CAUSE
INJURY.
- LET COOL, THEN EAT.

MICROWAVE

- PLACE IN MICROWAVE,
HEAT FOR 2 MINUTES
- USE CAUTION WHEN
PEELING THE FILM BACK;
STEAM COULD CAUSE

Dear Seniors,

Columbus Day October 9th: For decades and decades, American history books and school teaching, told us that Christopher Columbus discovered America. What those books and teachings did not give credit to was, the fact that Native Americans were already here first and truly discovered America. It also gave little mention to the fact that Nordic explorers had travelled down the eastern coast of Canada thousands of years earlier. Today, we celebrate Columbus Day for what it accurately is. Columbus did discover the existence of the New World for Europeans who until then, believed the world was flat and ended somewhere in the Atlantic. And, the focus is more upon discovery of the "New World", and less upon Columbus himself.

BOTH MEAL SITES WILL BE CLOSED ON MONDAY OCTOBER 9TH FOR COLUMBUS DAY. IF YOU RECEIVE A HOME DELIVERED MEAL IT WILL BE DELIVERED ON FRIDAY OCTOBER 6TH.

*October 19th Energy Summit in Carlsbad October 20th Winery Comedy Tour @ Balzano's Pumpkin Patch
October 28th Tracy Bird in Concert @ Walter Gerrells Performing Arts Center.*

Q. WHAT'S A SCARCROWS FAVORITE FRUIT?

A. STRAW-BERRIES

Q. WHAT DO YOU USE TO MEND A JACK-O-LANTERN?

A. A PUMPKIN PATCH

Q. WHAT'S THE BEST THING TO PUT INTO AN APPLE PIE?

A. YOUR TEETH

Q. WHY DID THE SCARECROW WIN THE NOBLE PEACE PRIZE?

A. BECAUSE HE WAS OUT-STANDING IN HIS FIELD.

D.D. JANWAY

PROGRAM COORDINATOR