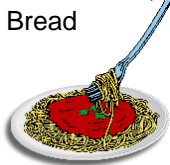









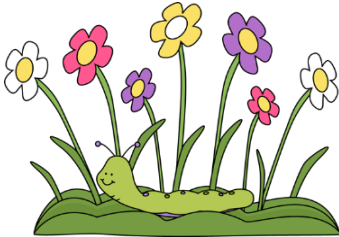





SHARE YOUR CARE
ADULT DAY SERVICES

March 2020 Lunch Menu

Share Your Care Adult Day Services @ Ponderosa 505-881-8982 "Our Care Brightens Lives"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH Spaghetti with Meat Sauce, Salad, French Bread 	LUNCH Pork Chops with Mashed Potatoes and Gravy, Stuffing, Peaches, Whole Wheat Rolls	LUNCH Chicken Salad Sandwiches on Whole Wheat Bread with Vegetables, Tater Tots, Pineapple 	LUNCH Beef and Vegetable Soup, Applesauce, Whole Wheat Crackers	LUNCH Pinto Beans with Red Chile, Potatoes and Onions, Spanish Rice, Whole Wheat Tortillas 
LUNCH Green Chile Pork Enchiladas, Garnish on the Side, Pinto Beans 	LUNCH Fried Rice with Egg, Chicken and Broccoli, Egg Rolls, Fruit	LUNCH Ham and Cheese Sandwiches on Whole Wheat Bread, Potato Salad, Mixed Fruit	LUNCH Bean and Cheese Tostadas with Garnish and Salsa on the Side, Corn 	LUNCH Fish Sticks with Homemade Tarter Sauce and Cole Slaw, Peaches, Whole Wheat Bread
LUNCH Meat Loaf with Mashed Potatoes and Gravy, Mixed Vegetables, Whole Wheat Rolls	LUNCH Corned Beef and Cabbage, Roasted Red Potatoes, Fruit Cocktail Salad, Whole Wheat Rolls 	LUNCH Bean Burritos with Salsa on the Side, Mexican Style Corn, Whole Wheat Tortillas	LUNCH Turkey and Cheese Sandwiches on Whole Wheat Bread, French Fries, Fresh Fruit 	LUNCH Chef Salad with Vegetables and Hard Boiled Egg, Cheese, Apricots, Whole Wheat Crackers
LUNCH Pork and Potato Tacos with Garnish and Salsa on the Side, Pears 	LUNCH Chicken, Vegetable and Rice Soup, Peaches, Corn Bread	LUNCH Whole Wheat Macaroni and Cheese with Beef and Vegetables, Mixed Fruit, Crackers	LUNCH Green Chile Beans with Potatoes and Onions, Fruit, Spanish Rice 	LUNCH Tuna Salad Sandwiches on Whole Wheat Bread, Cucumber Salad, Pineapple
LUNCH Chef Salad with Chicken, Cheese and Vegetables, Apple Sauce, Whole Wheat Crackers	LUNCH Green Chile Cheese Burgers with Garnish on the Side, Potato Salad 		 Daylight Savings Starts Sunday March 9	