



2% milk served at meals

City of Las Vegas Senior Program

Lunch Menu

October 2026

DUE TO UNFORESEEN CIRCUMSTANCES MENU IS SUBJECT TO CHANGE	October 2026		<u>Thursday 1, 2026</u> 3/4c Hamburger Macaroni (3oz beef, 1/4c macaroni, sauce, 1oz tomato sauce), Wheat roll 1 tsp margarine 1c Mediterranean Blend 1 tsp margarine 3/4c Tropical Fruit salad	<u>Friday 2, 2026</u> Chicken Tacos (3oz chk, 1 6in tortilla, 1/2c lettuce & tomato, 2TBSP salsa) 1/2c Carrots w/ 1 tsp margarine 1/2c LS Pinto Beans 1/2c Apricots
<u>Monday 5, 2026</u> Sloppy Joe (3oz meat, 1/8c sauce, 1 wheat bun, 1/4c peppers and onions), 1/3c Potato wedges, Caesar Salad, (1c Romaine lettuce, 1/4c Red tomatoes, 1/8c red onion), 2 TBSP light Caesar dressing, 1/2c Light (SF) nonfat vanilla yogurt 1c Strawberries and bananas	<u>Tuesday 6, 2026</u> 5oz Carne Adovada (3oz pork, 2oz RC sauce) 1/2c LS Pinto Beans 1/2c Calabacitas 1 6in Tortilla 1c Fruit cocktail	<u>Wednesday 7, 2026</u> 3oz Hamburger Steak 2oz Beef gravy 1/4c onions 1/3c Mashed potatoes 1c California Blend vegetables 3/4c Salad 1 TBSP LT Italian Dressing Wheat Roll 1/2c Applesauce	<u>Thursday 8, 2026</u> 4oz Orange Chicken (3oz chicken, 1oz sauce, 1 tsp sesame seeds) 1/2c Brown Rice 1c Emperor blend vegetables 1c Pineapple chunks	<u>Friday 9, 2026</u> Frito Pie (2oz Beef, 2oz RC sauce) 1 oz corn chips 1/2c lettuce and tomato 1/8c onions 1/2c Pinto beans 1c Capri Vegetables 1/2c peaches
<u>Monday 12, 2026</u> Closed in Observance of Indigenous Peoples Day	<u>Tuesday 13, 2026</u> 4oz LS Herbed Fish 1/2c LS Brown Rice Pilaf 1/2c Asparagus 1 tsp margarine 1.5c Salad 2 TBSP Light Italian Dressing Orange	<u>Wednesday 14, 2026</u> Classic Hamburger (3oz beef, 1 wheat bun, 1/2c lettuce, 2 sl. tomato, 1 sl. onion) 1/3c NAS French Fries 3/4c LS roasted Brussels sprouts 3/4c Pears	<u>Thursday 15, 2026</u> 1c Green Chile Stew (3oz Pork, 1/4c vegetables) 1.5c Tossed Salad 2 TBSP Italian Dressing 1 6in Flour Tortilla 1 Apple 1/2c FF chocolate pudding	<u>Friday 16, 2026</u> 3 oz roast beef 2oz LS Gravy 1/3c Garlic Mashed Potatoes 3/4c Broccoli Wheat roll 1 tsp margarine 3/4c Fruit compote
<u>Monday 19, 2026</u> Chicken Fajitas (3 oz chicken, 1/2c Peppers and onions, 2 TBSP salsa, 1 6in flour tortilla) 1/2c LS pinto beans 1/2c Spinach 1c Tropical Fruit salad	<u>Tuesday 20, 2026</u> 3oz Country Fried Steak 1/3c LS Mashed Potatoes 3oz Country Gravy 3/4c Broccoli w/ 1/4c Red bell pepper 1 Wheat Roll Fresh pear	<u>Wednesday 21, 2026</u> 3oz Chicken Strips 2oz country gravy 1/2c LS three bean salad 1/2c Collard greens with garlic 1oz cornbread 1c Strawberries and bananas	<u>Thursday 22, 2026</u> Turkey & Cheese Sandwich (2sl. wheat bread, 2oz turkey, 1 oz Swiss chz, 3/4c lettuce and tomato) 1/2c sliced cucumber and tomato 1/2c LS Cold Beets 1c Fruit salad	<u>Friday 23, 2026</u> Spaghetti w/ Meat sauce (1/2c spaghetti, 6oz meat sauce (3oz meat, 3oz NAS marinara sauce) 1c Italian Blend Vegetables 1c Apricots
<u>Monday 26, 2026</u> 6oz Red Chile Beef Enchiladas (1oz cheese, 2oz beef, 2oz RC, 2 corn tortillas, 1/2c lettuce and tomato) 1/2c Pinto beans 1c Capri vegetables Banana 1/2c Sherbet	<u>Tuesday 27, 2026</u> Scalloped Potatoes w/ Ham (1/3c scalloped potatoes, 2oz LS ham), 3/4c Carrots Wheat Roll 1/2c LT (SF) NF Vanilla Yogurt 1c Mixed Berries	<u>Wednesday 28, 2026</u> 3oz Breaded pork chop 2oz Brown Gravy 1/2c LS Brown rice pilaf 1c Island blend vegetables 1c Fruit compote	<u>Thursday 29, 2026</u> 3oz Meatloaf 1/3c LS parsley potatoes 1c Winter vegetables 1 WW Roll 1.5c tossed salad 2 TBSP light Italian dressing Orange 1/2c SF gelatin	<u>Friday 30, 2026</u> BBQ Chicken (3oz chicken Breast, 1 TBSP BBQ Sauce) 1/2c Black eyed peas 3/4c Green beans 1oz Wheat roll 1 tsp margarine 1c Fruit Cocktail

LAS VEGAS CENTER (505) 425-9139 / PECOS CENTER (505) 757-3000 / SAN MIGUEL (575) 421-9570

BREAKFAST (LAS VEGAS ONLY): 8AM-10AM LUNCH: 11AM-12:30PM

MONDAY THROUGH FRIDAY

SENIOR MEAL SUGGESTED DONATION: BREAKFAST \$1.00 - LUNCH \$1.50