

BESC & WRSC - May 2024 Meals

Please consider placing your meal orders as far in advance as possible this helps with our shopping and planning.

May 1, Wed	Beef Brisket, macaroni salad, Calabacitas, stewed tomatoes, diced peaches
May 2 Thu	Baked Potato with broccoli & cheese, chickpeas, vanilla yogurt, berries and granola
May 3, Fri	Beef Nachos with red chile, capri vegetables, mangoes
May 6, Mon	Herbed Baked Tilapia, brown rice, Chateau blend vegetables, strawberry sorbet
May 7, Tue	Orange Chicken, stir fry vegetables, Asian lo mein noodles, pineapple chunks
May 8, Wed	Salisbury Steak, parsley potatoes, broccoli Normandy, WW roll, fresh pears
May 9, Thu	Spinach Lasagna, Italian vegetables, garlic breadstick, vanilla yogurt, fruit cocktail
May 10, Fri	Frito Pie, pinto beans, zucchini w/ NAS diced tomatoes, tropical fruit salad
May 13, Mon	Breakfast for Lunch: Scrambled eggs, hashbrowns, sausage, toast, fruit salad
May 14, Tue	NO LUNCH, Centers are OPEN - Join us for the Health Fair today
May 15, Wed	Beer Battered Cod, rice pilaf, grilled artichokes, WW roll, banana
May 16, Thur	Meatloaf, roasted herbed red potatoes, green beans, WW roll, spiced peaches
May 17, Fri	Green Chile Chicken Enchiladas, Anasazi beans, Brussel sprouts, Spanish rice, orange
May 20, Mon	Tater Tot Casserole, garden blend vegetables, WW crackers, mixed fruit
May 21, Tues	Tomato Soup, Grilled Cheese Sandwich, Cauliflower, vanilla yogurt with cherries
May 22, Wed	Fried Catfish, stewed okra, coleslaw, WW roll, applesauce
May 23, Thu	Green Chile Cheeseburger, sweet potatoes, cucumber & tomato salad, diced pears
May 24, Fri	Pork Tamales, black beans, Spanish rice, vegetable medley, gelatin with apricots
May 27, Mon	CENTER CLOSED, Memorial Day
May 28, Tue	Indonesia Day: Beef Rendang, stir fry vegetables, fried rice, mango
May 29, Wed	Chicken Divan, broccoli, tossed salad, WW roll, tropical fruit salad
May 30, Thu	Fish Tacos, capri vegetables, brown rice, vanilla pudding
May 31, Fri	Beef Stroganoff, garden salad, roasted asparagus, WW roll, peach crisp

May 2024 Meal Registration

If you would like to make a lunch reservation please call by 9am

BESC 505-662-8920

WRSC 505-672-2034

Name: _____

Phone: _____

You can also place your order online
www.larso.org/meal-services

Salad Bar available daily at both Centers

Mon	Tues	Wed	Thu	Fri
		1	2	3
6	7	8	9	10
13	X	15	16	17
20	21	22	23	24
X	28	29	30	31