

880 E DESERT SENIOR LN
 AMARGOSA VALLEY NEVADA 89020
 For more information visit our website at
<https://www.amargosaseniors.com>



DINE IN OR TAKE OUT AVAILABLE
 DINNER SERVED: MON - THUR 4:00 PM - 5:00 PM
 BREAKFAST SERVED: FRI 9:00 AM TO 10:00 AM
 TO REQUEST MEAL DELIVERY - CALL 775-372-5413
 PLEASE CALL THE DAY BEFORE DELIVERY

MENU JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jan 03	Jan 04	Jan 05	Jan 06	Jan 07
BEEF TAQUITOS W/GUACAMOLE & THICK & CHUNKY SALSA BROCCOLI/ CAULIFLOWER MEXICAN CORN SAUTE FRUIT ADSD APPROVED	COWBOY CHICKEN GRILLERS BAKED POTATOES STEAMED MIXED VEGETABLES WW DINNER ROLLS PUDDING	BAKED FISH PARSLEY NEW POTATOES SEASONED ZUCCHINI GARDEN SALAD/FRENCH DRESSING CANTALOUPE CHUNKS ADSD APPROVED	HOT TURKEY SANDWICH ON W/ W BUN W/GRAVY POTATO SALAD APPLESAUCE MIXED GREENS SALAD	**Breakfast** BISCUITS & SAUSAGE GRAVY HASH BROWNS CASSEROLE SCRAMBLED EGGS OJ
ADSD APPROVED	Jan 11	Jan 12	Jan 13	Jan 14
BEEF STROGANOFF EGG NOODLES BROCCOLI & CAULIFLOWER GREEN FRESH SALAD FRUIT ADSD APPROVED	CHICKEN & DUMPLINGS GREEN BEANS CARROT & RAISIN SALAD LS CRAKERS PEARS & COTTAGE CHEESE	BAKED FISH STICKS POTATO AU GRATIN STEAMED PEAS GREEN SALAD APPLESAUCE	SWEET ITALIAN SAUSAGE W/RED PEPPERS & ONIONS ELBOW MACARONI STEAMED BROCCOLI MIXED GREEN SALAD	**Breakfast** SCRAMBLED EGGS W/ VEGGIES LS SAUSAGE HOME FRIES PEACHES W/COTTAGE CHEESE
Jan 17	Jan 18	Jan 19	Jan 20	Jan 21
SENIOR CENTER CLOSED MARTIN LUTHER KING, JR DAY	OVEN FRIED CHICKEN BAKED SWEET POTATO MIXED VEGETABLES GARDEN SALAD W/ITALIAN DRESSIN YOGURT	CHILI CHEESE BAKED POTATO STEAMED CARROTS CORNBREAD YOGURT BIRTHDAY CAKE  ADSD APPROVED	SPINACH LASAGNA GARLIC BREAD GARDEN SALAD ITALIAN DRESSING COOKIE ADSD APPROVED	**Breakfast** BISCUITS & SAUSAGE GRAVY HASH BROWNS CASSEROLE SCRAMBLED EGGS OJ
Jan 24	Jan 25	Jan 26	Jan 27	Jan 28
BEEF ENCHILADAS COLORFUL SALAD GARLIC FRENCH DRESSING FRUIT COCKTAIL ZUCCHINI & TOMATO SALAD ADSD APPROVED	SHREDDED BBQ CHICKEN ON WW BUN POTATO SALAD COLESLAW FRUIT ADSD APPROVED	SPAGHETTI W/MEAT SAUCE CAULIFLOWER GARLIC BREAD TOSSED SALAD FRUIT COCKTAIL	CHICKEN NOODLE SOUP FRENCH BREAD PIZZA W/RED PEPPERS & ONIONS GARDEN SALAD W/ITALIAN DRESSING YOGURT	**Breakfast** PANCAKES CRISPY BACON STRIPS SCRAMBLED EGGS OJ
Jan 31				
BAKED MEATLOAF MASHED POTATOES W/GRAVY STEAMED SPINACH W/W BREAD YOGURT ADSD APPROVED	 HAPPY NEW YEAR	MENU SUBJECT TO CHANGE 1% MILK, TEA, LEMONADE SERVED DAILY	 HAPPY NEW YEAR	A \$4.00 DONATION FOR SENIORS OVER 60 YEARS OF AGE IS SUGGESTED A \$6.00 FEE IS REQUIRED FOR NON-SENIORS