CITY OF ALBUQUERQUE BERNALILLO COUNTY
DEPARTMENT OF SENIOR AFFAIRS

Let's Do Lunch!

December 2015

Monday	Tuesday	Wednesday	Thursday	Friday
30 **Bratwurst** **Red Rosemary Potatoes** **Brussel Sprouts** **Low Fat, Sugar Free Ice Cream** **1% Milk**	**1** **Beef Stew** **Cauliflower w/ Red Peppers** **Biscuit** **Banana Pudding** **1% Milk**	**2** **Pollock w/ Tartar Sauce** **Mac & Cheese** **Zucchini** **Bread Stick** **Jell-O w/ Fruit** **1% Milk**	**3** **Pulled Pork Sandwich** **Baked Beans** **Green Beans w/ Mushrooms** **Oatmeal Cookie** **1% Milk**	**4** **Green Chile Chicken Alfredo** **Italian Vegetables** **Garlic Bread Stick** **Sliced Peaches** **1% Milk**
7 **Chile Beans** **Cornbread** **Calabacitas** **Granola Bar** **1% Milk**	**8** **Pork Chop w/ Gravy** **Mashed Potatoes** **Mixed Vegetables** **Wheat Roll** **Apple** **1% Milk**	**9** **Blacked Catfish** **White Rice** **Carrot Coins** **Crackers** **Mandarin Oranges** **1% Milk**	**10** **Chicken Teriyaki** **Buttered Noodles** **Steamed Broccoli** **Bread Stick** **Pineapple Tidbits** **1% Milk**	**11** **Green Chile Tortilla Burger** **Sweet Potatoes** **Spinach** **Honeydew** **1% Milk**
14 **Spinach Lasagna** **Green Beans** **Crescent Roll** **Chocolate Cake** **1% Milk**	**15** **Omelet with Ham, Onions and Peppers** **Diced Potatoes** **Stewed Tomatoes** **Orange** **1% Milk**	**16** **Turkey Corndog w/ Mustard** **Mac & Cheese** **Cauliflower** **Dinner Roll** **Sherbet** **1% Milk**	**17** **Beef Vegetable Soup** **Hot Biscuit** **Beets** **Apricots** **1% Milk**	**18** **Green Chile Chicken Enchiladas** **Spanish Rice** **Mexicorn** **Sugar Cookies** **1% Milk**
21 **Pulled BBQ Chicken Sandwich** **Steak Fries** **Brussel Sprouts** **Mandarin Oranges** **1% Milk**	**22** **Salmon with Lemon Butter Sauce** **Peas and Mushrooms** **Crinkle Cut Carrots** **Wheat Roll with Margarine** **Christmas Cookies** **1% Milk**	**23** **Salisbury Steak w/ Gravy** **Brown Rice** **Spinach** **Dinner Roll** **Pineapple** **1% Milk**	**24** **Low Sodium Ham w/ Pineapple Glaze** **Stuffing** **Mixed Vegetables** **Dinner Roll** **Pumpkin Mousse** **1% Milk**	**25** **Holiday Closed**
28 **Spaghetti w/ Meat Sauce** **Winter Blend Vegetables w/ Red Peppers** **Bread Stick with Margarine** **White Cake w/ Powdered Sugar** **1% Milk**	**29** **Beef Tips with Rice** **Beets** **Dinner Roll** **Warm Peaches** **1% Milk**	**30** **Chicken Tenders w/ BBQ Sauce** **Mashed Potatoes w/ Gravy** **Wheat Roll** **Warm Applesauce w/ Cinnamon** **1% Milk**	**31** **Tamale** **Red Pork Posole** **Low Sodium Crackers** **Calabacitas** **Banana Pudding with Wafers** **1% Milk**	**1** **Holiday Closed**

We reserve the right to alter the menu to meet food availability.

Diabetic clients should not be given sugar and bread; only upon request.