

The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>3</p> <ul style="list-style-type: none"> ◆ Salisbury Steak w/ mushroom gravy ◆ Roasted Potatoes ◆ Seasonal Vegetable ◆ Seasonal Fruit ◆ 1% Milk  	<p>4</p> <ul style="list-style-type: none"> ◆ Teriyaki Pork/Fajita Blend ◆ Brown Rice ◆ Stir Fry Vegetable ◆ Dinner Roll ◆ Seasonal Fruit ◆ 1% Milk  	<p>5</p> <ul style="list-style-type: none"> ◆ Turkey Chef Salad ◆ Macaroni Salad ◆ Croissant ◆ Seasonal Fruit ◆ 1% Milk  	<p>6</p> <ul style="list-style-type: none"> ◆ Frito Pie: Beef ◆ Steamed Broccoli ◆ Corn Chips ◆ Tapioca Pudding ◆ 1% Milk  	<p>7</p> <ul style="list-style-type: none"> ◆ Garlic Tilapia ◆ Pasta w/Diced Tomatoes ◆ Steamed Green Beans  ◆ Seasonal Fruit ◆ 1% Milk
<p>10</p> <ul style="list-style-type: none"> ◆ Creamy Garlic Baked Chicken ◆ Seasoned Orzo Pasta ◆ Seasonal Vegetable ◆ Yogurt ◆ 1% Milk  	<p>11</p> <ul style="list-style-type: none"> ◆ Egg Salad Sandwich ◆ Mediterranean Mixed Bean Salad ◆ Croissant ◆ Seasonal Fruit ◆ 1% Milk  	<p>12</p> <ul style="list-style-type: none"> ◆ Beef Fajita ◆ Spanish Brown Rice ◆ Calabacitas ◆ Seasonal Fruit ◆ 1% Milk  	<p>13</p> <ul style="list-style-type: none"> ◆ Pork Chop w/ Au Jus ◆ Sweet Potatoes ◆ Steamed Beets ◆ Seasonal Fruit ◆ 1% Milk  	<p>14</p> <ul style="list-style-type: none"> ◆ Sloppy Joe: Beef ◆ Tater Tots ◆ Steamed Green Beans ◆ Chocolate Cake ◆ 1% Milk 
<p>17</p> <ul style="list-style-type: none"> ◆ Carne Adovada: Pork/Red Chile ◆ Pinto Beans ◆ Calabacitas ◆ Sugar Cookies ◆ 1% Milk  	<p>18</p> <ul style="list-style-type: none"> ◆ Egg/Cheese Omelet w/peppers/onions ◆ Stewed Tomato ◆ Hash Browns ◆ Seasonal Fruit ◆ 1% Milk  	<p>19</p> <ul style="list-style-type: none"> ◆ Chicken Patty w/Swiss Cheese ◆ Tater Tots ◆ Lettuce/Tomatoes/Onions ◆ Hamburger Bun/Mustard/Ketchup ◆ Baked Apples ◆ 1% Milk  	<p>20</p> <ul style="list-style-type: none"> ◆ Spaghetti w/Meat Sauce ◆ Spinach ◆ California Blend ◆ Seasonal Fruit ◆ 1% Milk  	<p>21</p> <ul style="list-style-type: none"> ◆ Roast Beef w/Gravy ◆ Mashed Potatoes ◆ Green Beans ◆ Seasonal Fruit ◆ 1% Milk 
<p>24</p> <ul style="list-style-type: none"> ◆ Bean & Cheese Burrito topped w/Red Chile ◆ Spanish Rice ◆ Calabacitas ◆ Pineapple ◆ 1% Milk  	<p>25</p> <ul style="list-style-type: none"> ◆ Beef Tips w/Bowtie Pasta ◆ Steamed Carrots ◆ Steamed Broccoli ◆ Wheat Dinner Roll/Margarine ◆ Seasonal Fruit ◆ 1% Milk  	<p>26</p> <ul style="list-style-type: none"> ◆ Southern Baked Chicken ◆ Turnip Greens/Black-Eye Peas ◆ Brown Rice w/Red Peppers ◆ Seasonal Fruit ◆ 1% Milk  	<p>27</p> <ul style="list-style-type: none"> ◆ Baked Cheese Ziti ◆ Steamed Green Beans ◆ Seasonal Vegetables ◆ Applesauce ◆ 1% Milk  	<p>28</p> <ul style="list-style-type: none"> ◆ Sliced Turkey w/Gravy ◆ Scalloped Potatoes ◆ Green Peas ◆ Seasonal Fruit ◆ 1% Milk 