

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.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <ul style="list-style-type: none"> <li>◆ Meatloaf w/ Tomato Gravy</li> <li>◆ Roasted Red Potatoes</li> <li>◆ Succotash</li> <li>◆ Fresh Seasonal Fruit</li> <li>◆ Whole Grain Dinner Roll w/Margarine</li> <li>◆ 1% Milk</li> </ul> 	<p>2</p> <ul style="list-style-type: none"> <li>◆ Green Chile Chicken Enchiladas</li> <li>◆ Pinto Beans</li> <li>◆ Calabacitas</li> <li>◆ Mandarin Oranges</li> <li>◆ 1% Milk</li> </ul> 	<p>3</p> <ul style="list-style-type: none"> <li>◆ Philly Cheese Steak Sandwich</li> <li>◆ Steamed Carrots</li> <li>◆ Cinnamon Apples</li> <li>◆ 1% Milk</li> </ul> 	<p>4</p> <ul style="list-style-type: none"> <li>◆ Spaghetti w/ Marinara Sauce</li> <li>◆ Broccoli w/Red Peppers</li> <li>◆ Seasonal Vegetable</li> <li>◆ Garlic Bread Sticks</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul> 	<p>5</p> <ul style="list-style-type: none"> <li>◆ Salmon w/ Pineapple</li> <li>◆ Brown Rice Pilaf</li> <li>◆ Diced Beets</li> <li>◆ Seasonal Vegetable</li> <li>◆ Honeydew Melon</li> <li>◆ 1% Milk</li> </ul> 
<p>8</p> <ul style="list-style-type: none"> <li>◆ Sweet and Sour Pork</li> <li>◆ Brown Rice</li> <li>◆ Fajita Blend Veggies</li> <li>◆ Green Peas</li> <li>◆ Vanilla Pudding</li> <li>◆ 1% Milk</li> </ul> 	<p>9</p> <ul style="list-style-type: none"> <li>◆ Cheeseburger w/ Mushrooms</li> <li>◆ Seasonal Vegetable</li> <li>◆ Tater Tots</li> <li>◆ Banana</li> <li>◆ 1% Milk</li> </ul> 	<p>10</p> <ul style="list-style-type: none"> <li>◆ Lime Fish Tacos</li> <li>◆ Calabacitas</li> <li>◆ Steamed Carrots</li> <li>◆ Fresh Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<p>11</p> <ul style="list-style-type: none"> <li>◆ Beef Tips w/ Gravy</li> <li>◆ Spinach w/ Onions</li> <li>◆ Sweet Potatoes</li> <li>◆ Watermelon or Fresh Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<p>12</p> <ul style="list-style-type: none"> <li>◆ Chicken Alfredo</li> <li>◆ Zucchini w/Red Peppers</li> <li>◆ Seasonal Vegetable</li> <li>◆ Fresh Peaches or Fresh Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 
<p>15</p> <ul style="list-style-type: none"> <li>◆ Omelet w/ Red Chile</li> <li>◆ Stewed Tomatoes</li> <li>◆ Diced Potatoes</li> <li>◆ Whole Grain Biscuit w/ Margarine</li> <li>◆ Mandarin Oranges</li> <li>◆ 1% Milk</li> </ul> 	<p>16</p> <ul style="list-style-type: none"> <li>◆ Spaghetti W/ Meatballs</li> <li>◆ Green Beans</li> <li>◆ Seasonal Vegetable</li> <li>◆ Pineapple</li> <li>◆ 1% Milk</li> </ul> 	<p>17</p> <ul style="list-style-type: none"> <li>◆ Roasted Pork Loin w/ Brown Gravy</li> <li>◆ Scalloped Potatoes</li> <li>◆ Seasonal Vegetable</li> <li>◆ Whole Grain Roll</li> <li>◆ Pears</li> <li>◆ 1% Milk</li> </ul> 	<p>18</p> <ul style="list-style-type: none"> <li>◆ Pollock w/ Tartar Sauce</li> <li>◆ Brown Rice</li> <li>◆ Seasonal Vegetable</li> <li>◆ Green Peas</li> <li>◆ Fresh Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<p>19</p> <p><b>CHILLED MEAL</b></p> <ul style="list-style-type: none"> <li>◆ Chicken Salad Sandwich on Whole Grain Bread</li> <li>◆ Fresh Cucumber Slices</li> <li>◆ Cole Slaw</li> <li>◆ Cantaloupe</li> <li>◆ 1% Milk</li> </ul> 
<p>22</p> <ul style="list-style-type: none"> <li>◆ Salisbury Steak w/ Brown Gravy</li> <li>◆ Seasonal Vegetable</li> <li>◆ Mandarin Oranges</li> <li>◆ Roasted Rosemary Potatoes</li> <li>◆ 1% Milk</li> </ul> 	<p>23</p> <ul style="list-style-type: none"> <li>◆ BBQ Pork</li> <li>◆ Baked Beans</li> <li>◆ Whole Grain Roll</li> <li>◆ Fresh Seasonal Fruit</li> <li>◆ Broccoli &amp; Red Peppers</li> <li>◆ 1% Milk</li> </ul> 	<p>24</p> <ul style="list-style-type: none"> <li>◆ Baked Chicken w/ Brown Rice Pilaf</li> <li>◆ Sweet Potatoes</li> <li>◆ Green Beans</li> <li>◆ Red Grapes</li> <li>◆ 1% Milk</li> </ul> 	<p>25</p> <ul style="list-style-type: none"> <li>◆ Spinach Lasagna</li> <li>◆ Seasonal Vegetable</li> <li>◆ Summer Squash</li> <li>◆ Garlic Breadstick</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul> 	<p>26</p> <ul style="list-style-type: none"> <li>◆ Baked Garlic Tilapia</li> <li>◆ Ancient Grain Blend</li> <li>◆ Brussels Sprouts</li> <li>◆ Corn &amp; Bell Peppers</li> <li>◆ Honeydew Melon</li> <li>◆ Cookies</li> <li>◆ 1% Milk</li> </ul> 
<p>29</p> <ul style="list-style-type: none"> <li>◆ Sliced Ham</li> <li>◆ Corn Bread</li> <li>◆ Pinto Beans</li> <li>◆ Collard Greens</li> <li>◆ Peaches</li> <li>◆ 1% Milk</li> </ul> 	<p>30</p> <ul style="list-style-type: none"> <li>◆ Beef &amp; Vegetable Stir Fry</li> <li>◆ Buttered Noodles</li> <li>◆ Fresh Seasonal Fruit</li> <li>◆ Green Beans w/ Mushrooms</li> <li>◆ 1% Milk</li> </ul> 	<p>31</p> <ul style="list-style-type: none"> <li>◆ Fish &amp; Chips</li> <li>◆ Stewed Tomatoes</li> <li>◆ Warm Sliced Apples</li> <li>◆ Whole Grain Roll</li> <li>◆ 1% Milk</li> </ul> 	<p>Sept. 1</p> <ul style="list-style-type: none"> <li>◆ Chicken Alfredo</li> <li>◆ Steamed Broccoli</li> <li>◆ Seasonal Vegetable</li> <li>◆ Fresh Strawberries</li> <li>◆ 1% Milk</li> </ul> 	<p>Sept. 2</p> <ul style="list-style-type: none"> <li>◆ Green Chile Cheeseburger</li> <li>◆ Tater Tots</li> <li>◆ Sliced Tomatoes</li> <li>◆ Watermelon</li> <li>◆ 1% Milk</li> </ul> 