

As part of the New Mexico Grown state initiative, every Thursday, the Department of Senior Affairs will feature a vegetarian meal that incorporates locally sourced fruits, vegetables, beans, or chile into the menu.



Monday	Tuesday	Wednesday	Thursday	Friday
29 <ul style="list-style-type: none"> <li>◆ Philly cheesesteak</li> <li>◆ Steamed carrots</li> <li>◆ Whole grain hoagie</li> <li>◆ Warm cinnamon apples</li> <li>◆ 1% milk</li> </ul> 	30 <ul style="list-style-type: none"> <li>◆ Green chile chicken enchilada</li> <li>◆ Pinto beans</li> <li>◆ Calabacitas</li> <li>◆ Mandarin Oranges</li> <li>◆ 1% milk</li> </ul> 	31 <ul style="list-style-type: none"> <li>◆ Meatloaf w/tomato gravy</li> <li>◆ Garlic roasted potatoes</li> <li>◆ Succotash</li> <li>◆ Whole grain dinner roll</li> <li>◆ Fresh seasonal fruit</li> <li>◆ 1% milk</li> </ul> 	1 <ul style="list-style-type: none"> <li>◆ Spaghetti w/marinara sauce</li> <li>◆ Broccoli w/red peppers</li> <li>◆ Roasted vegetables</li> <li>◆ Garlic breadstick</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 	2 <ul style="list-style-type: none"> <li>◆ Salmon w/pineapple over brown rice pilaf</li> <li>◆ Brussel sprouts</li> <li>◆ Diced beets</li> <li>◆ Honeydew melon</li> <li>◆ 1% milk</li> </ul> 
5 <ul style="list-style-type: none"> <li>◆ Sweet &amp; Sour pork w/stir fry vegetables and pineapple</li> <li>◆ Brown rice</li> <li>◆ Green peas</li> <li>◆ Tapioca pudding</li> <li>◆ 1% milk</li> </ul> 	6 <ul style="list-style-type: none"> <li>◆ Beef tips w/ brown gravy</li> <li>◆ Spinach w/onions</li> <li>◆ Sweet potatoes</li> <li>◆ Watermelon</li> <li>◆ 1% milk</li> </ul> 	7 <ul style="list-style-type: none"> <li>◆ Lime fish tacos</li> <li>◆ Calabacitas</li> <li>◆ Steamed carrots</li> <li>◆ Banana</li> <li>◆ 1% milk</li> </ul> 	8 <ul style="list-style-type: none"> <li>◆ Mushroom Swiss veggie burger</li> <li>◆ Mixed vegetables</li> <li>◆ Tater tots w/ketchup</li> <li>◆ Yogurt</li> <li>◆ Whole grain bun</li> <li>◆ 1% milk</li> </ul> 	9 <ul style="list-style-type: none"> <li>◆ Chicken alfredo</li> <li>◆ Zucchini w/red peppers</li> <li>◆ Steamed broccoli</li> <li>◆ Peaches</li> <li>◆ 1% milk</li> </ul> 
12 <ul style="list-style-type: none"> <li>◆ Pollock over brown rice</li> <li>◆ Malibu blend vegetables</li> <li>◆ Green peas</li> <li>◆ Apple slices</li> <li>◆ 1% milk</li> </ul> 	13 <ul style="list-style-type: none"> <li>◆ Spaghetti w/meatballs</li> <li>◆ Green beans</li> <li>◆ Zucchini</li> <li>◆ Pineapple</li> <li>◆ 1% milk</li> </ul> 	14 <ul style="list-style-type: none"> <li>◆ Chicken salad w/bell pepper, celery, onion</li> <li>◆ Fresh cucumber slices</li> <li>◆ Coleslaw</li> <li>◆ Whole grain bread</li> <li>◆ Cantaloupe</li> <li>◆ 1% milk</li> </ul> 	15 <ul style="list-style-type: none"> <li>◆ Cheese omelet w/red chile</li> <li>◆ Stewed tomatoes</li> <li>◆ Diced potatoes</li> <li>◆ Biscuit w/margarine</li> <li>◆ Mandarin oranges</li> <li>◆ 1% milk</li> </ul> 	16 <ul style="list-style-type: none"> <li>◆ Roasted pork loin w/brown gravy</li> <li>◆ Scalloped potatoes</li> <li>◆ Carrots</li> <li>◆ Whole grain dinner roll w/margarine</li> <li>◆ Pears</li> <li>◆ 1% milk</li> </ul> 
19 <ul style="list-style-type: none"> <li>◆ Salisbury steak w/brown gravy</li> <li>◆ Roasted rosemary potatoes</li> <li>◆ Spinach</li> <li>◆ Mandarin oranges</li> <li>◆ 1% milk</li> </ul> 	20 <ul style="list-style-type: none"> <li>◆ BBQ pork</li> <li>◆ Baked beans</li> <li>◆ Broccoli w/red peppers</li> <li>◆ Whole grain dinner roll w/margarine</li> <li>◆ Canned apricots</li> <li>◆ 1% milk</li> </ul> 	21 <ul style="list-style-type: none"> <li>◆ Shredded seasoned chicken w/brown rice</li> <li>◆ Sweet potatoes</li> <li>◆ Green beans</li> <li>◆ Red grapes</li> <li>◆ 1% milk</li> </ul> 	22 <ul style="list-style-type: none"> <li>◆ Vegetable lasagna</li> <li>◆ Steamed carrots, broccoli, cauliflower</li> <li>◆ Garlic breadstick</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 	23 <ul style="list-style-type: none"> <li>◆ Baked garlic tilapia w/ancient grain blend</li> <li>◆ Brussel sprouts</li> <li>◆ Corn w/bell peppers</li> <li>◆ Chocolate chip cookie</li> <li>◆ 1% milk</li> </ul> 
26 <ul style="list-style-type: none"> <li>◆ Sliced ham</li> <li>◆ Pinto beans</li> <li>◆ Collard greens</li> <li>◆ Cornbread</li> <li>◆ Pineapple</li> <li>◆ 1% milk</li> </ul> 	27 <ul style="list-style-type: none"> <li>◆ Chicken &amp; veggie stir fry w/soy sauce</li> <li>◆ Buttered linguini noodles</li> <li>◆ Green beans w/mushrooms and French onions</li> <li>◆ Fresh pineapple</li> <li>◆ 1% milk</li> </ul> 	28 <ul style="list-style-type: none"> <li>◆ Fish &amp; potatoes</li> <li>◆ Stewed tomatoes</li> <li>◆ Whole grain dinner roll w/margarine</li> <li>◆ Warm sliced apples</li> <li>◆ 1% milk</li> </ul> 	29 <ul style="list-style-type: none"> <li>◆ Eggplant parmesan w/ziti pasta</li> <li>◆ Steamed broccoli</li> <li>◆ Carrots &amp; zucchini</li> <li>◆ Fresh strawberries</li> <li>◆ 1% milk</li> </ul> 	30 <ul style="list-style-type: none"> <li>◆ Green chile cheese burger</li> <li>◆ Tater tots w/ketchup</li> <li>◆ Stewed tomatoes</li> <li>◆ Whole grain bun</li> <li>◆ Watermelon</li> <li>◆ 1% milk</li> </ul> 