

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
 3 Pork Loin 3oz Gravy 1oz Normandy Blend 4oz Diced Beets 4oz Vanilla Pudding 4oz 1% Milk 8oz	 4 Meatloaf 4oz Sweet Potato Mash 4oz Succotash 4oz Jell-O 1ea 1% Milk 8oz	 5 Breaded Pollock 4oz Tartar Sauce 1pc Rice Pilaf 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz	 6 Green Chile Veggie Cheeseburger 1ea Cabbage w/ Apples & Onions 4oz Diced Potatoes 4oz Oranges 4oz 1% Milk 8oz	 7 Chicken Alfredo 4oz Zucchini w/ Red Peppers 4oz Steamed Broccoli 4oz Applesauce 1ea 1% Milk 8oz
 10 Salisbury Steak 4oz Gravy 1oz Scalloped Potatoes 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz	 11 Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Apple Slices 4oz 1% Milk 8oz	 12 Spaghetti w/ Meatballs 4oz Marinara 2oz Sliced Carrots 4oz Zucchini & Peppers 4oz Grapes 1ea 1% Milk 8oz	 13 Cheese Omelet w/ Red Chile 1oz Stewed Tomato 4oz Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Pudding 1ea 1% Milk 8oz	 14 BBQ Chicken Sandwich 1ea Diced Sweet Potato 4oz Steamed Broccoli 4oz Jell-O 4oz 1% Milk 8oz
 17 Teriyaki Beef w/ Brown Rice 4oz Sliced Carrots 4oz Cabbage w/ Apples & Onions 4oz Fortune Cookie 2ea 1% Milk 8oz	 18 BBQ Pork 3oz Baked Beans 4oz Spinach w/ Mushrooms 4oz Cornbread 1ea Applesauce 1ea 1% Milk 8oz	 19 Shredded Chicken 4oz Brown Rice 4oz Fajita Blend Veggies 4oz Green Beans 4oz Pear 1ea 1% Milk 8oz	 20 Vegetable Lasagna 4oz Lima Beans 4oz Garlic Breadstick 1ea Pudding 4oz 1% Milk 8oz	 21 Chicken Tamales 2ea Green Chile 2oz Cauliflower 4oz Pinto Beans 4oz Orange 4oz 1% Milk 8oz
 24 Sliced Ham w/ Pineapple Sauce 1oz Ranch Beans 4oz Spinach 4oz Cornbread 1ea Peach 4oz 1% Milk 8oz	 25 Chicken 3oz Vegetable Stir Fry 4oz Soy Sauce 1pc Brown Rice 4oz Green Beans 4oz Apple Slices 4oz 1% Milk 8oz	 26 Beef Steak /Gravy 4oz Grilled Onions 1oz Mashed Potatoes 4oz Corn w/ Peppers 4oz Dinner Roll 1ea Margarine 1pc Watermelon 4oz 1% Milk 8oz	  Anti-Inflammatory 27 Mediterranean Bean Salad 4oz Broccoli w/ Garlic 4oz Brown Rice 4oz Orange 4oz 1% Milk 8oz	 28 Green Chile Cheeseburger 1ea Diced Sweet Potato 4oz Stewed Tomatoes 4oz Jell-O 4oz 1% Milk 8oz
 31 Pork Fajitas 4oz Steamed Broccoli 4oz Calabacitas 4oz Tortilla 2ea Orange 4oz 1% Milk 8oz	 1 Chicken Parmesan 5oz Brussel Sprouts 4oz Steamed Carrots 4oz Brownie 1ea 1% Milk 8oz	 2 Red Chile Beef Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 4oz 1% Milk 8oz	 3 Elbow Mac & Cheese w/ Broccoli 4oz Spinach/Mushrooms 4oz Wheat Breadstick 1ea Cupped Peaches 4oz 1% Milk 8oz	 4 Meatloaf 4oz Green Beans 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Pear 4oz 1% Milk 8oz