


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
27 <ul style="list-style-type: none"> ◆ Rotisserie chicken ◆ Rosemary potatoes ◆ Corn w/ red peppers ◆ Dinner roll w/ margarine ◆ Grapes ◆ 1% milk 	28 <ul style="list-style-type: none"> ◆ Carne adovada/red chile ◆ Flour tortilla ◆ Pinto beans ◆ Spanish rice ◆ Pineapple ◆ 1% milk 	29 <ul style="list-style-type: none"> ◆ Beef tip w/elbow macaroni ◆ Roasted carrots ◆ Sliced beets ◆ Vanilla pudding ◆ 1% milk 	30 <ul style="list-style-type: none"> ◆ Pasta primavera w/ alfredo sauce ◆ Northwest blend vegetables ◆ Breadstick ◆ Peaches ◆ 1% milk 	1 <ul style="list-style-type: none"> ◆ Breaded cod fish w/ tartar sauce ◆ Steamed red potatoes ◆ Peas ◆ Orange ◆ 1% milk 
4 <ul style="list-style-type: none"> ◆ Salisbury steak w/green chile gravy ◆ Corn ◆ Mashed potatoes ◆ Dinner roll w/ margarine ◆ Yogurt ◆ 1% milk 	5 <ul style="list-style-type: none"> ◆ Turkey tetrazzini ◆ Brussel sprouts ◆ Peach cobbler ◆ Breadstick ◆ 1% milk 	6 <ul style="list-style-type: none"> ◆ Baked tilapia w/lemon and tartar sauce ◆ Rice pilaf ◆ Green beans ◆ Vanilla pudding ◆ 1% milk 	7 <ul style="list-style-type: none"> ◆ Chicken parmesan w/ mozzarella ◆ Carrots ◆ Breadstick ◆ Pineapple ◆ 1% milk 	8 <ul style="list-style-type: none"> ◆ Diced pork w/gravy ◆ Sweet potatoes ◆ Oriental blend vegetables ◆ Dinner roll w/margarine ◆ Jell-O ◆ 1% milk 
11 <ul style="list-style-type: none"> ◆ Pork egg rolls ◆ Butter noodle ◆ Brussel sprouts ◆ Fortune cookies ◆ Sweet & Sour sauce ◆ 1% milk 	12 <ul style="list-style-type: none"> ◆ Cheese omelet w/ pepper, onions, spinach ◆ Stewed tomatoes ◆ Hash browns ◆ Pineapple ◆ 1% milk 	13 <ul style="list-style-type: none"> ◆ Chicken tamales w/ green chile ◆ Pinto beans ◆ Calabacitas ◆ Chocolate pudding ◆ 1% milk 	14 <ul style="list-style-type: none"> ◆ Spaghetti w/meat sauce ◆ Green beans ◆ Breadstick ◆ Apple sauce ◆ 1% milk 	15 <ul style="list-style-type: none"> ◆ Baked salmon w/lemon sauce ◆ White rice ◆ Sliced beets ◆ Dinner roll w/margarine ◆ Orange ◆ 1% milk 
18 <ul style="list-style-type: none"> ◆ Breaded pollock ◆ Brown rice ◆ Corn w/red peppers ◆ Vanilla pudding ◆ 1% milk 	19 <ul style="list-style-type: none"> ◆ Turkey and brown rice w/gravy ◆ Green beans ◆ Cauliflower ◆ Orange ◆ 1% milk 	20 <ul style="list-style-type: none"> ◆ Baked chicken ◆ Mashed potato ◆ Broccoli ◆ Mixed fruit ◆ 1% milk 	21 <ul style="list-style-type: none"> ◆ Sloppy joe, hamburger bun ◆ Roasted green and red bell peppers ◆ Rosemary potato ◆ Peaches ◆ 1% milk 	22 <ul style="list-style-type: none"> ◆ Ham w/pineapple glaze ◆ Mashed potato ◆ Mixed vegetables ◆ Cherry cobbler ◆ Dinner roll w/ margarine ◆ 1% milk 
25 <p>CLOSED</p> <p><i>Happy Holidays</i></p>	26 <ul style="list-style-type: none"> ◆ Cheeseburger ◆ Baked beans ◆ Normandy blend vegetables ◆ Chocolate chip cookie ◆ 1% milk 	27 <ul style="list-style-type: none"> ◆ Green chile chicken tamale ◆ Pinto beans ◆ Calabacitas ◆ Yogurt ◆ 1% milk 	28 <ul style="list-style-type: none"> ◆ Macaroni w/ham & broccoli ◆ Spinach ◆ Peach cobbler ◆ Dinner roll w/ margarine ◆ 1% milk 	29 <ul style="list-style-type: none"> ◆ Baked cod fish w/tartar sauce ◆ Rice pilaf ◆ Carrots ◆ Jell-O ◆ 1% milk 