

# February 2022

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>31</p> <ul style="list-style-type: none"> <li>◆ Pasta Primavera</li> <li>◆ Seasonal Vegetables</li> <li>◆ Dinner Roll with Margarine</li> <li>◆ Warm Cinnamon Pineapple Chunks</li> <li>◆ 1% Milk</li> </ul> 	<p>1</p> <ul style="list-style-type: none"> <li>◆ Baked Cod w/ Tartar</li> <li>◆ White Rice</li> <li>◆ Green Beans</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<p>2</p> <ul style="list-style-type: none"> <li>◆ Memphis Dry-Rubbed Chicken</li> <li>◆ Seasonal Vegetables</li> <li>◆ Combread</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<p>3</p> <ul style="list-style-type: none"> <li>◆ Beef Tips w/Bowtie Pasta</li> <li>◆ Peas and Carrots</li> <li>◆ Peach Crumble</li> <li>◆ Dinner Roll w/ Margarine</li> <li>◆ 1% Milk</li> </ul> 	<p>4</p> <ul style="list-style-type: none"> <li>◆ Pork Chop</li> <li>◆ Mashed Red Potatoes</li> <li>◆ Crispy Roasted Brussel Sprouts</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 
<p>7</p> <ul style="list-style-type: none"> <li>◆ Oven Fried Chicken</li> <li>◆ Homemade Mac-N-Cheese</li> <li>◆ Collard Greens</li> <li>◆ Dinner Bread w/ Margarine</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<p>8</p> <ul style="list-style-type: none"> <li>◆ Turkey with Gravy</li> <li>◆ Mashed Potato with Gravy</li> <li>◆ Steamed Broccoli</li> <li>◆ Dinner Roll with Margarine</li> <li>◆ Cookie</li> <li>◆ 1% Milk</li> </ul> 	<p>9</p> <ul style="list-style-type: none"> <li>◆ Low Sodium Ham and Potato Soup</li> <li>◆ Steamed Carrots</li> <li>◆ Biscuit</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<p>10</p> <ul style="list-style-type: none"> <li>◆ Rec Chile Beef Enchilada</li> <li>◆ Spanish Rice</li> <li>◆ Pinto Beans</li> <li>◆ Seasoned Fruit</li> <li>◆ 1% Milk</li> </ul> 	<p>11</p> <ul style="list-style-type: none"> <li>◆ Baked Cod w/Tartar Sauce</li> <li>◆ Buttered Noodles</li> <li>◆ Succotash</li> <li>◆ Seasoned Fruit</li> <li>◆ 1% Milk</li> </ul> 
<p>14</p> <ul style="list-style-type: none"> <li>◆ Baked Ziti/Pasta/ Marinara and Cheese</li> <li>◆ Season Vegetable</li> <li>◆ Garlic Bread Stick</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul> 	<p>15</p> <ul style="list-style-type: none"> <li>◆ Baked Ham w/ Pineapple Sauce</li> <li>◆ Sweet Potatoes</li> <li>◆ Broccoli-Cauliflower-Carrots</li> <li>◆ Pudding</li> <li>◆ 1% Milk</li> </ul> 	<p>16</p> <ul style="list-style-type: none"> <li>◆ Teriyaki Chicken</li> <li>◆ White Rice</li> <li>◆ Steamed Crinkle Cut Carrots</li> <li>◆ Apple</li> <li>◆ 1% Milk</li> </ul> 	<p>17</p> <ul style="list-style-type: none"> <li>◆ Tilapia w/ Tartar Sauce</li> <li>◆ Rosemary Potatoes</li> <li>◆ Seasonal Vegetable</li> <li>◆ Seasoned Fruit</li> <li>◆ 1% Milk</li> </ul> 	<p>18</p> <ul style="list-style-type: none"> <li>◆ Red Chile Beans with Beef, Cheese and Onions</li> <li>◆ Crispy Roasted Cauliflower</li> <li>◆ Tortilla</li> <li>◆ Brownie</li> <li>◆ 1% Milk</li> </ul> 
<p>21</p> <p><b>Closed Holiday Presidents Day</b></p>	<p>22</p> <ul style="list-style-type: none"> <li>◆ Soft Chicken Tacos</li> <li>◆ Tortillas</li> <li>◆ Spanish Rice</li> <li>◆ Corn with Red Peppers</li> <li>◆ Cookie</li> <li>◆ 1% Milk</li> </ul> 	<p>23</p> <ul style="list-style-type: none"> <li>◆ Cheeseburger</li> <li>◆ Bun</li> <li>◆ Baked Beans</li> <li>◆ Steamed Carrots</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<p>24</p> <ul style="list-style-type: none"> <li>◆ Swedish Meatballs w/ Gravy</li> <li>◆ Steamed Green Beans</li> <li>◆ Cherry Cobbler</li> <li>◆ 1% Milk</li> </ul> 	<p>25</p> <ul style="list-style-type: none"> <li>◆ Salmon with Garlic Sauce</li> <li>◆ Angel Hair Pasta with Diced Tomatoes</li> <li>◆ Season Vegetable</li> <li>◆ Jell-O w/ Fruit</li> <li>◆ 1% Milk</li> </ul> 
<div style="display: flex; align-items: center;">  <div style="margin-left: 20px;"> <p>The Department of Senior Affairs Senior Meal Program is proud to be part of the “<b>New Mexico Grown</b>” state initiative:</p> <ul style="list-style-type: none"> <li>-Supporting economic growth by incorporating <b>fresh local produce provided by our own New Mexican farmers.</b></li> <li>-Providing <b>locally sourced produce</b> with less single use packaging which <b>lessens our environmental impact.</b></li> <li>-Providing <b>fresh produce is higher in vitamins</b> than frozen or canned foods ensuring seniors can count on us for a fresh and healthy meal.</li> </ul> </div> </div>				