February 2023

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
30 ♦ Salmon ♦ Rotini Pasta ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ 1% Milk	**31** ♦ Green Chile Beef Enchilada ♦ Spanish Rice ♦ Pinto Beans ♦ Seasonal Fruit ♦ 1% Milk	**1** ♦ Baked Ziti ♦ Steamed Zucchini ♦ Garlic Breadstick ♦ Greek Yogurt ♦ 1% Milk	**2** ♦ Oven Fried Chicken ♦ Roasted Sweet Potatoes ♦ Collard Greens ♦ Dinner Bread ♦ Seasonal Fruit ♦ 1% Milk	**3** ♦ Ham & Potato Soup ♦ Roasted Corn & Red Peppers ♦ Cherry Cobbler ♦ Biscuit ♦ 1% Milk
6 ♦ Baked Ziti ♦ Seasonal Vegetable ♦ Garlic Breadstick ♦ Yogurt ♦ 1% Milk	**7** ♦ Baked Chicken ♦ Mashed Potatoes ♦ Roasted Brussel Sprouts ♦ Seasonal Fruit ♦ 1% Milk	**8** ♦ BBQ Pork Chop ♦ Baked Beans ♦ Collard Greens ♦ Seasonal Fruit ♦ Dinner Roll ♦ 1% Milk	**9** ♦ Green Chile Beef Enchilada ♦ Spanish Rice ♦ Calabacitas ♦ Seasonal Fruit ♦ 1% Milk	**10** ♦ Breaded Cod ♦ Buttered Pasta ♦ Spinach ♦ Seasonal Fruit ♦ 1% Milk
13 ♦ Swedish Meatballs ♦ Brown Rice ♦ Seasonal Vegetable ♦ Applesauce ♦ 1% Milk	**14** ♦ Carne Adovada ♦ Pinto Beans ♦ Calabacitas ♦ Flour Tortilla ♦ Cookie ♦ 1% Milk	**15** ♦ Catfish ♦ Sweet Potatoes ♦ Seasonal Vegetables ♦ Chocolate Pudding ♦ 1% Milk	**16** ♦ Rotisserie Chicken ♦ Mashed Potatoes ♦ Steamed Broccoli ♦ Pineapple ♦ Dinner Roll ♦ 1% Milk	**17** ♦ Spinach Lasagna ♦ Steamed Carrots ♦ Garlic Breadsticks ♦ Seasonal Fruit ♦ 1% Milk
20 **Closed** HAPPY PRESIDENT'S DAY	**21** ♦ Egg Omelet ♦ Stewed Tomatoes ♦ Seasoned Potatoes ♦ Orange ♦ 1% Milk	**22** ♦ Red Chile Pork Posole ♦ Pinto Beans ♦ Spinach ♦ Tortillas ♦ Seasonal Fruit ♦ 1% Milk	**23** ♦ Cheeseburger ♦ Tater Tots ♦ Coleslaw ♦ Cherry Cobbler ♦ 1% Milk	**24** ♦ Salmon ♦ Angel Hair Pasta ♦ Seasonal Vegetable ♦ Pumpkin Pudding ♦ 1% Milk
27 ♦ Salisbury Steak ♦ Roasted Potatoes ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ 1% Milk	**28** ♦ Beef Fajitas ♦ Tortilla ♦ Spinach ♦ Pinto Beans ♦ Seasonal Fruit ♦ 1% Milk	**1** ♦ Seasoned Baked Chicken ♦ Mashed Potato ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ Dinner Roll ♦ 1% Milk	**2** ♦ Chile Dog w/Cheese ♦ Tatar Tots ♦ Seasoned Roasted Corn ♦ Seasonal Fruit ♦ 1% Milk	**3** ♦ Cajun Garlic Butter Tilapia ♦ Orzo w/ Diced Tomatoes ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ 1% Milk