

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.



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
29 ♦ Texas chili: ground beef, kidney beans ♦ Corn bread ♦ Succotash ♦ Diced pears ♦ 1% milk 	30 ♦ Pork egg rolls w/sweet & sour sauce ♦ Rice pilaf ♦ Oriental vegetable blend ♦ Fortune cookie ♦ 1% milk 	31 ♦ Omelet w/bell pepper and onion ♦ Diced potatoes ♦ Stewed tomatoes ♦ Jell-O ♦ 1% milk 	1 ♦ Roasted lemon chicken ♦ Sweet potato ♦ Steamed broccoli ♦ Tapioca pudding ♦ 1% milk 	2 ♦ Baked Cajun salmon over brown rice ♦ Brussel sprouts ♦ Steamed carrots ♦ Pineapple ♦ 1% milk 
5 ♦ Pasta primavera ♦ Steamed broccoli ♦ Dinner roll w/margarine ♦ Sliced apples ♦ 1% milk 	6 ♦ Tilapia over brown rice w/lemon sauce ♦ Cauliflower ♦ Green beans ♦ Banana ♦ 1% milk 	7 ♦ Memphis dry-rubbed chicken ♦ Peas & carrots ♦ Cornbread ♦ Mandarin orange ♦ 1% milk 	8 ♦ Beef tips w/bowtie pasta ♦ Normandy blend vegetables ♦ Cherry cobbler ♦ Dinner roll w/margarine ♦ 1% milk 	9 ♦ Pork chop w/brown gravy ♦ Mashed potatoes ♦ Roasted Brussel sprouts ♦ Vanilla pudding ♦ 1% milk 
12 ♦ Chicken fajitas ♦ Mac-n-cheese ♦ Collard greens ♦ Orange ♦ 1% milk 	13 ♦ Turkey w/gravy ♦ Mashed potatoes w/gravy ♦ Steamed broccoli ♦ Dinner roll w/margarine ♦ Peaches ♦ 1% milk 	14 ♦ Potato soup ♦ Steamed carrots ♦ Brussel sprouts ♦ Sugar cookie ♦ 1% milk 	15 ♦ Red chile beef enchilada ♦ Corn ♦ Pinto beans ♦ Jell-O ♦ 1% milk 	16 ♦ Baked cod w/tartar sauce ♦ Buttered noodles ♦ Succotash ♦ Mixed fruit ♦ 1% milk 
19 	20 ♦ Baked ham w/pineapple sauce ♦ Sweet potatoes ♦ Italian blend ♦ Vanilla pudding ♦ 1% milk 	21 ♦ Teriyaki chicken ♦ White rice ♦ Green beans ♦ Apple slices ♦ 1% milk 	22 ♦ Steak fingers w/white gravy ♦ Cauliflower ♦ Sweet potato ♦ Brownie ♦ 1% milk 	23 ♦ Baked ziti ♦ Zucchini ♦ Garlic bread stick ♦ Yogurt ♦ 1% milk 
26 ♦ Carne adovada, red chile ♦ Flour tortilla ♦ Collard greens ♦ Spanish rice ♦ Orange ♦ 1% milk 	27 ♦ Chicken soft tacos ♦ Spanish rice ♦ Corn w/red peppers ♦ Cookie ♦ 1% milk 	28 ♦ Cheeseburger ♦ Baked beans ♦ Steamed carrots ♦ Peaches ♦ 1% milk 	29 ♦ Swedish meatballs w/gravy ♦ Steamed green beans ♦ Blueberry cobbler ♦ 1% milk 	1 ♦ Salmon w/garlic sauce ♦ Angel hair pasta w/diced tomatoes ♦ Spinach ♦ Jell-O ♦ 1% milk 