



# Highland Senior Center

Department of Senior Affairs  
131 Monroe NE Albuquerque, NM 87108  
**505-767-5210**

Goodbye Summer!

As we look forward to cooler temperatures, continue to check out our Fall Activity Catalog that provides all the activities that are programmed at our senior and multigenerational Centers by our dedicated staff and supportive volunteers.

If time has freed up on your calendar, the City is always looking for interested individuals to join a volunteer board or council with many ways to serve the community based on interest. In particular, our Department has an Advisory Council made up of dedicated volunteers who learn about all our services and programs. This group plays an important role in providing feedback, supporting our mission, and serving as a sounding board on public matters. These meetings are posted publicly in our center newsletters and on our website at [cabq.gov/seniors/about-senior-affairs/department-of-senior-affairs-advisory-council](http://cabq.gov/seniors/about-senior-affairs/department-of-senior-affairs-advisory-council). If you're interested in our Council or any other way to get involved with the City, visit [cabq.gov/clerk/boards-commissions/boards-and-commissions-membership-application](http://cabq.gov/clerk/boards-commissions/boards-and-commissions-membership-application).

Looking ahead to the (hopefully) cooler months, we have some of our signature events. The highly anticipated Barelitas Fiesta will take place on September 5, 2025, from 9:00 am to 3:00 pm. On November 15, 2025, the Ageless Artisan Craft Fair will showcase the many talents of our senior members while highlighting how our centers provide enriching programs that help our community members learn or build on their craft talents and stay engaged. To participate in the fair, be on the lookout for the application at each center beginning September 1, 2025, and share the news of this fair with others in the community so we have another fantastic turnout!

As our participation grows at our centers, your continued feedback helps direct our work. Through our annual survey, the Department has seen the interest and attraction from individuals throughout Bernalillo County and beyond to take advantage of the City's investment in our many centers. With another center on the way, the Department continues to evaluate how to meet the growing demand and provide the highest level of public service.

We also rely on the many generous and thoughtful donations that help support our Area Agency on Aging (AAA) grant. Those contributions support our free/donation-based lunch service for individuals 60 and older and many other services funded by this grant, including our transportation service, home-delivered meal service, and home services. Any contribution makes a difference, and each center has a donation box available for your consideration.

Lastly, we ask that you share your voice on the needs of senior services by participating in the upcoming City of Albuquerque/Bernalillo County Area Agency on Aging (AAA) Public Hearing, where you can give public comments on how the FY26-FY30 Area Plan should plan for older adults. The AAA will host a forum at Manzano Mesa Multigenerational Center on Wednesday, September 3, 2025, from 10:00 am to 11:00 am. Your input would be appreciated!

As always, reach out to management with questions or look for an upcoming "Coffee with Constituents" near you at one of our senior or multigenerational centers. Together, let's continue to support one another as a community, stay safe, and make this fall a season of connection and engagement!

Sincerely,  
Anna Sanchez, Director  
Department of Senior Affairs

[www.cabq.gov/seniors](http://www.cabq.gov/seniors)

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**ncoa**  
National Council on Aging

## Hours of Operation

**Monday - Friday**

**8:00am - 5:00pm**

**Wednesday**

**8:00am - 7:00pm**

**Saturday**

**10:00am - 4:00pm**

## Highland Staff

**Chris Rogers**  
Manager

**VACANT**  
Program Coordinator

**Gloria Ortiz**  
Office Assistant

**Julian Davalos**  
Program Assistant

**Beverly Manuelito**  
Program Assistant

**Mike Berry**  
General Service

**Richard Tucker**  
Cook/Chef



**Chris Rogers**  
Senior  
Center Manager

# Center & Meal Program Information

## MEMBERSHIP MATTERS

Active memberships are mandatory for participation in all activities, trips, dances and meals. Please renew expired memberships promptly to continue enjoying our facilities & other CABQ senior centers.

- The membership fee is **\$20** for the year & can be paid via **cash** or **card**.
- We can typically process memberships M-F between **9am-11am** or **1pm-3pm**.
- You can also renew or register at any CABQ senior or multigenerational center.

Both new and renewing members must complete the registration form onsite. Then, it has to be processed by our front desk. **Please plan to spend about 45 minutes on registration.** We appreciate your patience.

### Reminder:

***Meals are to be consumed in the Social Hall. Take out meals or food are not permitted.***

In accordance with the regulations set forth by the Area Agency on Aging and the New Mexico Aging and Long-Term Services senior meal program, meals are not permitted to be removed from the designated dining area. Exceptions to this rule include fruits such as apples, as well as individually wrapped cookies.

**Thank you for your cooperation.**

### Questions? Comments?

Please contact Tim Martinez, Manager of the Senior Affairs Nutrition and Transportation Division, at **505-764-6450** for further clarification about meal program regulations and anything else related to the menu or meal program.

## **HOT MEAL LUNCH RESERVATIONS MUST BE MADE BY 1:00PM ONE DAY IN ADVANCE**

- Reserve your hot meal prior to 1pm by calling us at **(505)767-5210** or by speaking with the front desk while you're visiting Highland.
- If you lack a reservation, wait until 12:30 PM for possible cancellations.
- We reserve the right to give unclaimed meals to anyone waiting for a meal at 12:30pm
- Unclaimed meals will be distributed on a first-come, first-served basis. Meals that go unclaimed are wasted, impacting our ability to provide low-cost services.
- See page 11 for our new, temporary continental breakfast menu and page 12 for the monthly hot meals.



### TRANSPORTATION SERVICES



Did you know that the Department of Senior Affairs provides complimentary transportation services for seniors aged 60 and above living within a five-mile radius of our senior and multigenerational centers? Current members can call 764-6400 for additional information.

# Highland On-Going Activities

## Monday

8:00am-12:00pm	Flea Market
8:00am - 4:30pm	FITNESS CENTER
9:00am-10:00am	Aerobics
9:15am-11:00am	Veteran's Gathering
10:00am-11:30am	Gathering of Artists
10:15am-11:15am	Gentle Exercise
1:30pm-2:30pm	Meditation

## Tuesday

8:00am - 4:30pm	FITNESS CENTER
8:15am-9:15am	Flex & Tone
9:30am-12:00pm	Watercolor
10:30am-11:30am	Energy Yoga
10:00am-11:00am	Partner Dance Class
10:00am-12:00pm	Mah Jongg
12:30pm-4:30pm	AARP Smart Driver Class (every 1 <sup>st</sup> )
1:00pm-3:00pm	Conversation Spanish
1:00pm-3:00pm	Senior Citizen's Law Office
(3 <sup>rd</sup> Tues. of every other month, see page 7 for details)	
2:00pm-3:30pm	Intermediate Line Dancing
2:00pm-4:00pm	Rainbow Artists (every 3 <sup>rd</sup> )

## Wednesday

8:00am - 6:30pm	FITNESS CENTER
8:30am-12:30pm	GEHM Clinic (every 1 <sup>st</sup> )
9:00am-10:00am	Exercise to Music
9:00am-12:00pm	Senior Law Office
(1 <sup>st</sup> Wed. of every other month, see page 7 for details)	
10:15am-11:15am	Gentle Exercise
1:00pm-3:30pm	Knitting & Crocheting
12:00pm-12:30pm	Birthday Celebration (1 <sup>st</sup> )
2:00pm-3:30pm	Beginning Line Dancing
4:30pm-6:30pm	Beginning Ukulele

## Thursday

8:00am - 4:30pm	FITNESS CENTER
8:15am-9:15am	Flex & Tone
10:30am-11:30am	Tai Chi
2:00pm-4:00pm	Senior LGBT Meeting (2 <sup>nd</sup> )
2:30pm-4:30pm	ORCA Game Time (every 1 <sup>st</sup> & 3 <sup>rd</sup> )

## Friday

8:00am - 4:30pm	FITNESS CENTER
9:00am-10:00am	Exercise to Music
9:30am-11:00am	Rosemalers
10:15am-11:15am	Gentle Exercise

## Saturday

10:00am - 3:30pm	FITNESS CENTER
10:30am-12:00pm	Improver Line Dancing
1:30pm-3:30pm	Music Jam Session (every 2 <sup>nd</sup> )

**Please see  
our bulletin  
board for  
details about  
on-going  
classes**

# THE FIESTAS AT BARELAS

IN CELEBRATION OF NATIONAL SENIOR CENTER MONTH



## Barelas Senior Center Fiesta



GET READY FOR A JAM-PACKED PARTY WITH LIVE MUSIC,  
DELICIOUS GRUB, AND ALL-AROUND GOOD TIMES!

5 SEPTEMBER  
2025

9 am -  
3 pm

714 Seventh St SW 87102



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United  
Healthcare

ENGAGE  
with Senior Affairs

# Coordinator's Hub

Hello Highland,  
Happy Fall! Keep an eye out for Highland's Fall programming. As we come out of summer, regularly scheduled classes are coming out of hiatus, including Highland Harmonizers and Meditation! We're also hosting two short-term classes focused on caregiving and aging. Powerful Tools for Caregivers will be held over 6 weeks in October and November, from 1:30 PM to 3:00 PM in Room 7 on Thursdays. The Alzheimer's Association of New Mexico is doing a series of 4 classes on understanding dementia, healthy living with dementia, and caregiving. The Alzheimer's classes will be every 3rd Monday starting in October and ending in November. Check out all our ongoing classes for more Fall fun!

As we step into Fall, I wanted to say that I am so grateful for my time with all of you. I'm leaving to pursue a role that's a better fit for me but I have truly enjoyed my time here. I appreciate hearing your stories, seeing folks create beautiful art or work together on complicated puzzles and being apart of this marvelous community. I'll miss you all! Be well.



Best,  
Bailey Grebbin, Program Coordinator

## In Other News

Get excited for the Barales Senior Center Fiesta! Live music, good food, and fun times await! Friday, September 5th, 9 AM-3 PM.

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Thank you to Dunn Deal and the Mix for sharing their musical talents with all of us! We had a marvelous time celebrating the end of summer at the back-to-school dance in August.

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*Reminder: Please call or tell the front desk if you want lunch by 1 PM the day before. This helps ensure that everyone who needs a meal gets a meal. Remember to arrive by 12:30 PM or your lunch may be claimed by someone waiting.*  
(505) 767-5210

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*Did you know? A dissectologist is a term for someone who enjoys jigsaw puzzles. The term comes from the fact that the first jigsaw puzzles were called "dissected maps." Other informal names for jigsaw puzzle enthusiasts include "puzzler" or "jigsawist." Join the Highland dissectologists anytime for an open puzzle in the library.*

# Upcoming Events at Highland & Special Notice



## Kitchen Renovation Key Information

Senior Affairs is excited to share a variety of upgrades and renovations taking place at our facilities across Albuquerque. One of the highlights will be the renovation of the kitchen at the Highland Senior Center.



- For breakfast, we will offer a low-cost continental breakfast, including options such as cold cereal, fruit, yogurt, hard boiled eggs and pastries.
- Free coffee will continue to be available during the renovation.
- Hot and nutritious lunches will be freshly prepared off-site and delivered to Highland Senior Center. Members will still need to sign up for a hot lunch by 1pm the day before.
- We will adhere to the highest standards of temperature control and food safety practices with pre-prepared meals, maintaining the same protocols as those in our on-site kitchen.
- The lunch & breakfast a la carte options will not be offered, as the kitchen will be out of service.
- Dine-in seating will still be accessible, allowing seniors to enjoy their meals on-site at the regularly scheduled mealtimes.
- This project is expected to have minimal impact on regular programming, and the center will remain open during renovations. The Fitness Center will be closed for the time being.



## ATTENTION: CONTINENTAL BREAKFAST MENU

WEDNESDAY, JULY 23 -NOVEMBER (ESTIMATE)

### Menu:

Choice of Coffee, Assorted Juice, or Milk  
AND

Option of Assorted Cereal, bagel  
Assorted Danish and Pastries, Muffins  
(Pick 1)

OR

Option of Hard-boiled Egg, Yogurt, Granola  
Bar or Assorted fruit  
(Pick 2)

8 AM - 9 AM  
\$1.50/PERSON

ONLY THE ITEMS LISTED  
WILL BE SERVED

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# No, A La Carte Breakfast or Lunch During the Renovation

# Senior Citizen Law Office Information

## **ABOUT**

The mission of SCLO is to provide critically needed advocacy and legal representation to residents sixty years of age and older in order to uphold their rights, maximize their autonomy and ensure that they receive the benefits to which they are entitled.

SCLO offers free services & presentations in the following areas: healthcare, public benefits, housing, advance directives, financial wellbeing, guardianships, consumer support & long-term care. SCLO also offers estate planning services for a reduced fee.

**SCLO Phone #: (505) 265-2300**

## **Did you know?**

**SCLO offers clinics at various CABQ senior centers each month. See the “Senior Law Office Information” section of the board for more information and the full SCLO July-December clinic schedule.**

## **HIGHLAND CLINIC SCHEDULE JULY-DECEMBER**

### ***General Legal Clinic***

**What:** This clinic provides seniors with the opportunity for one-on-one legal consultations with an attorney.

**Dates & Time:**  
8am-11am.  
August 13<sup>th</sup>, October 1<sup>st</sup>  
December 3<sup>rd</sup>.

**Sign Up:** Schedule your General Legal Clinic appointment with the Highland front desk.

### ***Medicaid/Estate Planning Presentation***

**What:** Estate planning presentation on wills, probate, and powers of attorney. Discussion on Medicaid coverage.

**Dates & Time:**  
1pm-3pm.  
August 19<sup>th</sup>, October 21<sup>st</sup>, December 17<sup>th</sup>

**Sign Up:** Sign up for this presentation with the Highland front desk.

### ***Power of Attorney Clinic***

**What:** This clinic assists seniors with power of attorney. Please call SCLO at (505) 265-2300 for more information.

**Dates & Time:**  
9am-11am.  
July 2<sup>nd</sup>, September 3<sup>rd</sup>,  
November 5<sup>th</sup>

**Sign Up:** Call SCLO at (505) 265-2300 to schedule your appointment.

# Department Participant Code of Conduct

## Participant Code of Conduct

Participants are expected to respect the rights of others and to adhere to the following code of conduct so that all may have a pleasant and safe experience.

This includes all City programs and activities and their locations.

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Does not harass or bully other participants and/or staff, with racial slurs, verbal abuse, or sexual harassment. Participants must show consideration for the diversity of staff and other participants.
3. Does not use voice and behavior that will disturb other center participants.
4. Does not use language and behavior that other participants and staff will find obscene, abusive or sexually offensive. This includes, but is not limited to in person, by telephone or electronic device.
5. Show courtesy to other participants and staff; respect decisions made by staff and bring issues involving the operations of a facility to the management's attention for resolution.
6. No unlawful weapons are allowed in City facilities. (See Administrative Instruction AI 5-19, NMSA 1978 Section 30-7-2.1)
7. Fighting between participants or with a staff person is prohibited.
8. Bringing bicycles into the facility is prohibited.
9. Smoking is prohibited in facilities or on premises.
10. Alcohol consumption or possession of alcoholic beverages is prohibited.
11. Any type of gambling is strictly prohibited in all facilities.
12. Selling, soliciting or panhandling is prohibited.
13. Eating is prohibited in billiards rooms and computer labs.
14. Vandalizing or damaging facilities, grounds, equipment or materials or from any City sponsored program is prohibited.
15. Treat City materials, equipment, furniture, grounds, and facility with respect.
16. Use City equipment in a safe and appropriate manner.
17. Keep the building and grounds neat, clean, and litter free.

# Department of Senior Affairs & CABQ Events

## Aging Alone Together

Join DOROT's six-week online program designed for solo agers — individuals who, by choice or circumstance, expect to age independently. Each session offers practical tools and discussions on key topics like building community, future medical planning, financial/legal matters, and aging at home or elsewhere.

In partnership with the City of Albuquerque and Older Rainbow Community Albuquerque.

Space is limited. Please commit to attending at least 5 of the 6 sessions.

**WHEN:** Thursdays, August 14th – September 18th

**TIME:** 10:00AM-11:30 MT / 12:00-1:30PM ET

**WHERE:** Online via Zoom

☎ 505-768-3630

🌐 [cabq.gov/seniors/events](http://cabq.gov/seniors/events)



Scan this code with your phone to register!



## BOARDS & COMMISSIONS NEEDS YOU

JOIN ONE OF OUR 50 BOARDS & COMMISSIONS

Shape the future of our city! No matter your subject matter expertise, there's a board or commission that needs you.

**CABQ.GOV/BOARDS**

**APPLY TODAY**



## COMMUNITY SAFETY SERIES

**ENGAGE** with Community

Join us for free coffee, conversation, and connect with members of Albuquerque Community Safety and Albuquerque Police!

	Bear Canyon Senior Center	Los Volcanes Senior Center	Palo Duro Senior Center
	Jun 17th 10:00 AM	Aug 12th 10:00 AM	Nov 6th 10:00 AM

Learn about important topics such as:

- Keeping yourself safe at home and around the city.
- Ways to keep your property safe.
- What to look for in your community.
- How ACS/APD can help you.

**ONE ALBUQUERQUE** senior affairs



Did you know that you can find all our current activities on the City of Albuquerque website? For details about services, the monthly menu, and center information, please visit:

**[www.cabq.gov/seniors](http://www.cabq.gov/seniors)**

*We're also active on social media, so be sure to look for us there!*

# Brain Teasers

## FALL WORD SEARCH



ACORN  
APPLE  
AUTUMN  
CHESTNUTS  
CHILLY  
CIDER  
COBWEB  
FALL  
FOOTBALL  
GOURD

HALLOWEEN  
HARVEST  
HAY BALE  
HAYRIDE  
LEAVES  
MAIZE  
NOVEMBER  
NUTS  
OCTOBER  
PUMPKIN

QUILT  
RAKE  
SCARECROW  
SEPTEMBER  
SLEET  
THANKSGIVING



# Upcoming Events at the centers



## PUBLIC HEARING

**PUBLIC COMMENT:  
CITY OF ALBUQUERQUE/BERNALILLO COUNTY  
AREA AGENCY ON AGING  
OLDER AMERICANS PROGRAM  
FOR THE PERIOD  
JULY 1, 2026 TO JUNE 30, 2030**

The City of Albuquerque/Bernalillo County Area Agency on Aging and the Older Americans Advisory Council will conduct a public hearing regarding the City of Albuquerque/Bernalillo County Older Americans Program. The Older Americans Program provides resources and services for persons age 60 and over and their caregivers in Bernalillo County.

During the hearing, comments will be solicited from senior citizens, their caregivers and other interested individuals and organizations on services to be funded with federal, state and local resources. Discussions will also be held on the City's request to the New Mexico Aging and Long-Term Services Department to implement a waiver for the City to directly provide services funded through the City of Albuquerque/Bernalillo County Older Americans Program Area Plan and permission to implement grab-and-go meals under certain circumstances.

The hearing is scheduled as follows:

**Manzano Mesa Multigenerational Center  
501 Elizabeth SE  
Albuquerque, NM 87123  
Wednesday, September 3, 2025  
10:00 a.m. - 11:00 a.m.**

Persons with hearing and/or sight impairment and those who require special assistance to participate in the public hearings, please contact Collette Baldwin at 505-768-2084 or New Mexico Relay Services at 1-800-659-1779 or TTY at 1-800-659-8331.



## **ABQ! Free Tech Help in Sept 2025!**

- North Domingo Baca Ctr.....Tues. Sept 2 | 3:00p-5:00p
- Bear Canyon Senior Ctr.....Fri. Sept 5 | 3:00p-5:00p
- Barelas Senior Ctr.....Tues. Sept 9 | 3:00p-5:00p
- Palo Duro Senior Ctr.....Wed. Sept 10 | 3:00p-5:00p
- Los Volcanes Senior Ctr.....Tues. Sept 16 | 3:00p-5:00p
- Santa Barbara Martineztown.....Thurs. Sept 18 | 3:00p-5:00p
- Manzano Mesa Ctr.....Tues. Sept 23 | 1:00p-3:00p
- Highland Senior Ctr.....Wed. Sept 24 | 3:00-5:00p
- North Valley Senior Ctr.....Fri. Sept 26 | 1:00-3:00p

RSVP with your Albuquerque center above, or contact Teeniors with questions:

[teeniors@gmail.com](mailto:teeniors@gmail.com) | (505) 600-1297

Learn more about our award-winning work at [teeniors.com](http://teeniors.com)

**29th Annual  
PRIME TIME  
MONTHLY MAGAZINE  
50+  
EXPO**

Don't miss...

**The Largest Health Fair in New Mexico!**

- Free Event -

**Wednesday, October 8th 2025!**

**8:30AM - 1PM At Embassy Suites (Lomas & I-25)**

This is a fun and informative event connecting mature adults with health and wellness providers, lifestyle option providers, free health information and free health screenings.

The Prime Time 50+ Expo is great for seniors and anyone caregiving for elderly family members and friends.

**Free Health Information and Screenings • Free Flu Shots  
Live Entertainment • Giveaways and Much More!**

BROUGHT TO YOU BY  
PRESENTING SPONSOR



**Call 505-242-2428 or Visit [PrimeTimeNM.com](http://PrimeTimeNM.com)**

**ENGAGE**  
with Wellness

**Protect  
Your  
Health**

**EVENT  
CANCELLED**

9/23/25

**Join us in building a  
healthier community!**



[cabq.gov/seniors/events](http://cabq.gov/seniors/events)



505-764-6400























**ONE  
ALBUQUERQUE** senior affairs

# HOT LUNCH MENU

RESERVATIONS MUST BE MADE BY 1:00 PM THE DAY BEFORE.  
FEEL FREE TO VISIT US OR CALL 505-767-5210.

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SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CLOSED</b> 1	2	3	4	5
	<b>Rotisserie Chicken</b> 4oz Brussel Sprouts 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Diced Pears 1ea 1% Milk 8oz 	<b>BBQ Pulled Pork</b> 4oz Ranch Beans 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Grapes 4oz 1% Milk 8oz 	<b>Green Chile Vegetable Posole</b> 4oz Carrots 4oz Combread 1ea Chocolate Pudding 4oz 1% Milk 8oz 	<b>Beef Tips w/</b> 3oz Gravy 1oz Bowtie Pasta 4oz Steamed Broccoli 4oz Cauliflower 4oz Peach Cup 1ea 1% Milk 8oz 
8	9	10	11	12
<b>Teriyaki Chicken</b> 3oz Stir Fry Veggies 4oz Green Beans w/ Mushrooms 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz 	<b>Roasted Pork Loin</b> w/ Brown Gravy 4oz Scalloped Potatoes 4oz Cabbage Slaw 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	<b>Roast Beef</b> 3oz Brown Gravy 1oz Sliced Carrots 4oz Mashed Potatoes 4oz Breadstick 1ea Banana 1ea 1% Milk 8oz 	<b>Pasta Primavera</b> 4oz Spinach 4oz Diced Beets 4oz Mandarin Oranges 1ea 1% Milk 8oz 	<b>Pork Carnitas</b> 3oz Red Chile 1oz Pinto Beans 4oz Flour Tortillas 2ea Warm Apple Slices 4oz 1% Milk 8oz 
15	16	17	18	19
<b>Meatloaf</b> 3oz Gravy 1oz Mashed Potatoes 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	<b>Rotisserie Chicken</b> 3oz Brown Rice 4oz Sliced Beets 4oz Green Beans w/ Mushrooms 4oz Grapes 4oz 1% Milk 8oz 	<b>Chili Bowl</b> 4oz Succotash 4oz Combread 1ea Mixed Berries 4oz 1% Milk 8oz 	<b>Green Chile Southwest Omelet</b> 4oz Stewed Tomatoes 4oz Diced Hash Browns 4oz Peaches 1ea 1% Milk 8oz 	<b>Herb Pork Loin</b> 3oz Gravy 1oz Sautéed Zucchini 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz 
22	23	24	25	26
<b>Baked Chicken</b> 3oz BBQ Sauce .5oz Corn & Red Peppers 4oz Broccoli 4oz Combread 1ea Yogurt 4oz 1% Milk 8oz 	<b>Salisbury Steak</b> 3oz Brown Gravy 1oz Mashed Potatoes 4oz Corn & Edamame 4oz Mandarin Oranges 4oz 1% Milk 8oz 	<b>Sweet &amp; Sour Pork</b> 3oz Stir Fry Veggies 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Warm Sliced Apples 4oz 1% Milk 8oz 	<b>Green Chile Cheese Enchiladas</b> 4oz Pinto Beans 4oz Spanish Rice 4oz Pudding 4oz 1% Milk 8oz 	<b>Turkey Tetrazzini</b> 8oz Italian Veggie Blend 4oz Breadstick 1ea Diced Pears 4oz 1% Milk 8oz 



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.