

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
<p>1</p> 	<p>2</p> <ul style="list-style-type: none"> <li>◆ Beef tip w/bowtie pasta</li> <li>◆ Breadstick</li> <li>◆ Steamed broccoli</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 	<p>3</p> <ul style="list-style-type: none"> <li>◆ Turkey pot pie</li> <li>◆ Steamed broccoli</li> <li>◆ Sliced beets</li> <li>◆ Apple</li> <li>◆ 1% milk</li> </ul> 	<p>4</p> <ul style="list-style-type: none"> <li>◆ Omelet w/cheese, mushroom, spinach</li> <li>◆ Diced potatoes</li> <li>◆ Spinach</li> <li>◆ Jell-O</li> <li>◆ 1% milk</li> </ul> 	<p>5</p> <ul style="list-style-type: none"> <li>◆ Pork chop w/gravy</li> <li>◆ Brown rice</li> <li>◆ Peas</li> <li>◆ Mixed fruit</li> <li>◆ 1% milk</li> </ul> 
<p>8</p> <ul style="list-style-type: none"> <li>◆ Hot dog w/bun</li> <li>◆ Steak fries w/ketchup</li> <li>◆ Green beans</li> <li>◆ Applesauce</li> <li>◆ 1% milk</li> </ul> 	<p>9</p> <ul style="list-style-type: none"> <li>◆ Chicken alfredo w/green chile</li> <li>◆ Steamed carrots</li> <li>◆ Steamed broccoli</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 	<p>10</p> <ul style="list-style-type: none"> <li>◆ Baked cod w/tartar sauce</li> <li>◆ Peas</li> <li>◆ Corn bread</li> <li>◆ Chocolate chip cookie</li> <li>◆ 1% milk</li> </ul> 	<p>11</p> <ul style="list-style-type: none"> <li>◆ Meatloaf w/tomato gravy</li> <li>◆ Diced red potato</li> <li>◆ Collard greens</li> <li>◆ Vanilla pudding</li> <li>◆ 1% milk</li> </ul> 	<p>12</p> <ul style="list-style-type: none"> <li>◆ Pork chop over brown rice w/sweet &amp; sour sauce</li> <li>◆ Stir fry vegetables</li> <li>◆ Peach cobbler</li> <li>◆ 1% milk</li> </ul> 
<p>15</p> 	<p>16</p> <ul style="list-style-type: none"> <li>◆ Sloppy joe w/hamburger bun</li> <li>◆ Brussel sprouts</li> <li>◆ Cinnamon apples</li> <li>◆ 1% milk</li> </ul> 	<p>17</p> <ul style="list-style-type: none"> <li>◆ Green chile chicken posole w/flour tortilla</li> <li>◆ Corn</li> <li>◆ Roasted carrots</li> <li>◆ Chocolate pudding</li> <li>◆ 1% milk</li> </ul> 	<p>18</p> <ul style="list-style-type: none"> <li>◆ Baked Ziti</li> <li>◆ Breadstick</li> <li>◆ Green beans w/tomatoes</li> <li>◆ Pineapple</li> <li>◆ 1% milk</li> </ul> 	<p>19</p> <ul style="list-style-type: none"> <li>◆ BBQ pulled pork</li> <li>◆ Carrots</li> <li>◆ Broccoli</li> <li>◆ Grapes</li> <li>◆ 1% milk</li> </ul> 
<p>22</p> <ul style="list-style-type: none"> <li>◆ Ground beef w/onions and mushrooms</li> <li>◆ Mashed potatoes</li> <li>◆ Black-eyed peas</li> <li>◆ Chocolate chip cookie</li> <li>◆ 1% milk</li> </ul> 	<p>23</p> <ul style="list-style-type: none"> <li>◆ Carne adovada (pork, red chile)</li> <li>◆ Pinto beans</li> <li>◆ Spanish rice</li> <li>◆ Applesauce</li> <li>◆ 1% milk</li> </ul> 	<p>24</p> <ul style="list-style-type: none"> <li>◆ Baked cod over brown rice w/tarter sauce</li> <li>◆ Cauliflower</li> <li>◆ Spinach</li> <li>◆ Mandarin oranges</li> <li>◆ 1% milk</li> </ul> 	<p>25</p> <ul style="list-style-type: none"> <li>◆ Ham mac &amp; cheese w/broccoli</li> <li>◆ Sweet potatoes</li> <li>◆ Cherry cobbler</li> <li>◆ Mixed fruit</li> <li>◆ 1% milk</li> </ul> 	<p>26</p> <ul style="list-style-type: none"> <li>◆ Chicken parmesan w/marinara and cheese</li> <li>◆ Brown rice</li> <li>◆ Steamed carrots</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 
<p>29</p> <ul style="list-style-type: none"> <li>◆ Texas chili: ground beef, kidney beans</li> <li>◆ Corn bread</li> <li>◆ Succotash</li> <li>◆ Diced pears</li> <li>◆ 1% milk</li> </ul> 	<p>30</p> <ul style="list-style-type: none"> <li>◆ Pork egg rolls w/sweet &amp; sour sauce</li> <li>◆ Rice pilaf</li> <li>◆ Oriental vegetable blend</li> <li>◆ Fortune cookie</li> <li>◆ 1% milk</li> </ul> 	<p>31</p> <ul style="list-style-type: none"> <li>◆ Omelet w/bell pepper and onion</li> <li>◆ Diced potatoes</li> <li>◆ Stewed tomatoes</li> <li>◆ Jell-O</li> <li>◆ 1% milk</li> </ul> 	<p>1</p> <ul style="list-style-type: none"> <li>◆ Roasted lemon chicken</li> <li>◆ Sweet potato</li> <li>◆ Steamed broccoli</li> <li>◆ Tapioca pudding</li> <li>◆ 1% milk</li> </ul> 	<p>2</p> <ul style="list-style-type: none"> <li>◆ Baked Cajun salmon over brown rice</li> <li>◆ Brussel sprouts</li> <li>◆ Steamed carrots</li> <li>◆ Pineapple</li> <li>◆ 1% milk</li> </ul> 