

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.

| MONDAY  |   | TUESDAY   |   | WEDNESDAY   |  | THURSDAY  |  | FRIDAY |  |
|---|---|---|---|---|--|---|--|--------|--|
|  <b>29</b>   |  <b>30</b>   |  <b>1</b>    |  <b>2</b>  | <b>CLOSED 3</b>   |  |  |  |        |  |
| Chicken Parmesan 4oz  | Salisbury Steak 3oz   | BBQ Pulled Pork 3oz   | Green Chile Cheese  |   |  |   |  |        |  |
| Green Beans 4oz   | Gravy 1oz   | Diced Sweet Potatoes 4oz  | Veggie Burger 1ea   |   |  |   |  |        |  |
| Steamed Carrots 4oz   | Brussel Sprouts 4oz   | Spinach w/ Onions 4oz   | Scalloped Potatoes 4oz  |   |  |   |  |        |  |
| Pear 4oz  | Normandy Blend 4oz  | Wheat Bun 1ea   | Stewed Tomatoes 4oz   |   |  |   |  |        |  |
| 1% Milk 8oz   | Jell-O 4oz  | Yogurt 4oz  | Diced Peaches 4oz   |   |  |   |  |        |  |
| 1% Milk 8oz   | 1% Milk 8oz   | 1% Milk 8oz   | 1% Milk 8oz   |   |  |   |  |        |  |
|  <b>6</b>    |  <b>7</b>    |  <b>8</b>    |  <b>9</b>  |  <b>10</b>   |  |   |  |        |  |
| Green Chile   | Greek Pasta Salad 5oz   | Breaded Pollock 4oz   | Pasta Primavera w/ 3oz  | Chicken Parmesan 4oz  |  |   |  |        |  |
| Cheeseburger 1ea  | Broccoli Salad w/   | Tartar Sauce 1pc  | 5 Way Veggies 2oz   | Marinara Sauce 1oz  |  |   |  |        |  |
| Celery Sticks 4oz   | Carrots & Onions 4oz  | Diced Beets 4oz   | Alfredo Sauce 1oz   | Cauliflower 4oz   |  |   |  |        |  |
| Diced Potatoes 4oz  | Dinner Roll 1ea   | Green Beans 4oz   | Spinach/Mushrooms 4oz   | Brussel Sprouts 4oz   |  |   |  |        |  |
| Sliced Apples 4oz   | Margarine 1pc   | Orange 1ea  | Steamed Carrots 4oz   | Jell-O 4oz  |  |   |  |        |  |
| 1% Milk 8oz   | Watermelon 4oz  | 1% Milk 8oz   | Yogurt 4oz  | 1% Milk 8oz   |  |   |  |        |  |
| 1% Milk 8oz   | 1% Milk 8oz   |   | 1% Milk 8oz   |   |  |   |  |        |  |
|  <b>13</b>   |  <b>14</b>   |  <b>15</b>   |   <b>16</b>                       |  <b>17</b>   |  |   |  |        |  |
| Carne Adovada 4oz   | Teriyaki Chicken w/ 3oz   | Meatball Sub 1ea  | Cheese Omelet w/ 3oz  | Pork Loin 3oz   |  |   |  |        |  |
| Calabacitas 4oz   | Fajita Vegetables 4oz   | Spinach w/ Onions 4oz   | Peppers & Red Chile 2oz   | Gravy 2oz   |  |   |  |        |  |
| Pinto Beans 4oz   | Steamed Broccoli 4oz  | Steamed Carrots 4oz   | Stewed Tomatoes 4oz   | Roasted Peppers 4oz   |  |   |  |        |  |
| Flour Tortilla 2ea  | Brown Rice 4oz  | Pear 1ea  | Diced Potatoes 4oz  | Green Beans 4oz   |  |   |  |        |  |
| Seasonal Fruit 4oz  | Fortune Cookie 2ea  | 1% Milk 8oz   | Orange 4oz  | Dinner Roll 1ea   |  |   |  |        |  |
| 1% Milk 8oz   | 1% Milk 8oz   |   | 1% Milk 8oz   | Margarine 1pc   |  |   |  |        |  |
|   |   |   |   | Pudding 4oz   |  |   |  |        |  |
|   |   |   |   | 1% Milk 8oz   |  |   |  |        |  |
|  <b>20</b> |  <b>21</b> |  <b>22</b> |  <b>23</b>   |  <b>24</b> |  |   |  |        |  |
| Beef w/   | Tuna Salad  | BBQ Pulled Pork 4oz   | Green Chile   | Baked Chicken Thigh   |  |   |  |        |  |
| Peppers & Onions 2oz  | Sandwich 1ea  | Sweet Potato Mash 4oz   | Mac & Cheese 5oz  | 3oz   |  |   |  |        |  |
| Normandy Blend 4oz  | Potato Chips 4oz  | Spinach w/ Onions 4oz   | Succotash 4oz   | Roasted Carrots 4oz   |  |   |  |        |  |
| Brown Rice 4oz  | Celery Sticks 4oz   | Whole Wheat Bun 1ea   | Diced Beets 4oz   | Herb Diced Potatoes 4oz   |  |   |  |        |  |
| Brownie 1ea   | Honeydew 4oz  | Jell-O 4oz  | Yogurt 4oz  | Dinner Roll 1ea   |  |   |  |        |  |
| 1% Milk 8oz   | 1% Milk 8oz   | 1% Milk 8oz   | 1% Milk 8oz   | Margarine 1pc   |  |   |  |        |  |
|   |   |   |   | Vanilla Pudding 4oz   |  |   |  |        |  |
|   |   |   |   | 1% Milk 8oz   |  |   |  |        |  |
|  <b>27</b> |  <b>28</b> |  <b>29</b> |   <b>Anti-Inflammatory 30</b> |  <b>31</b> |  |   |  |        |  |
| Pork Tamales 2ea  | Green Chile Chicken   | Meatloaf 4oz  | Black & Pinto Chile   | Salisbury Steak 4oz   |  |   |  |        |  |
| Red Chile 1oz   | Enchilada 5oz   | Roasted Potatoes 4oz  | Beans 4oz   | Noodles 2oz   |  |   |  |        |  |
| Spinach 4oz   | Cauliflower 4oz   | Green Beans 4oz   | Spinach w/ Tomatoes 4oz   | Gravy 1oz   |  |   |  |        |  |
| Pinto Beans 4oz   | Calabacitas 4oz   | Dinner Roll 1ea   | Diced Sweet Potatoes 4oz  | Brussel Sprouts 4oz   |  |   |  |        |  |
| Brownie 1ea   | Mandarin Oranges 4oz  | Margarine 1pc   | Corn Tortillas 2ea  | Sliced Carrots 4oz  |  |   |  |        |  |
| 1% Milk 8oz   | 1% Milk 8oz   | Seasonal Fruit 4ea  | Strawberries 4oz  | Honeydew 4oz  |  |   |  |        |  |
|   |   | 1% Milk 8oz   | 1% Milk 8oz   | 1% Milk 8oz   |  |   |  |        |  |