

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
2 BBQ Chicken Sandwich 3oz Sweet Potato Mash 4oz Spinach/Onions 4oz Apple Slices 4oz 1% Milk 8oz 	3 Greek Pasta Salad w/ Diced Ham 4oz Cucumber Salad 4oz Dinner Roll 1ea Margarine 1pc Oranges 4oz 1% Milk 8oz 	4 Pork Tamale 3oz Red Chili 1oz Spanish Rice 4oz Pinto Beans 4oz Jell-O 4oz 1% Milk 8oz 	5 Mushroom Swiss Veggie Burger 4oz Diced Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz 	6 Beef Steak 3oz Grilled Onions 1oz Mash Potatoes 4oz Green Beans 4oz Pudding 4oz 1% Milk 8oz 
9 Baked Ham 3oz Pineapple Sauce 1oz Rice Pilaf 4oz Sliced Carrots 4oz Yogurt 4oz 1% Milk 8oz 	10 Egg Salad Sandwich 4oz Potato Salad 4oz Coleslaw 4oz Oranges 4oz 1% Milk 8oz 	11 Salisbury Steak 3oz Gravy 1oz Mashed Potatoes 4oz Green Beans 4oz Mixed Berries 4oz 1% Milk 8oz 	12 Rotini Pasta 4oz Parmesan Cheese 1oz Spinach/Onions 4oz Corn 4oz Jell-O 4oz 1% Milk 8oz 	13 Teriyaki Pork 4oz Brown Rice 4oz Stir Fry Veggies 4oz Watermelon 4oz 1% Milk 8oz 
16 Meatloaf 4oz Tomato Sauce 1oz Green Beans 4oz Cauliflower 4oz Apple Slices 4oz 1% Milk 8oz 	17 Baked Chicken Thigh 3oz Spinach/Peppers 4oz Brown Rice 4oz Yogurt 4oz 1% Milk 8oz 	18 Cheese Macaroni 3oz Broccoli/ Ham 2oz Normandy Mix 4oz Brussel Sprouts 4oz Honeydew 4oz 1% Milk 8oz 	CLOSED 19 	20 Pork Roast 3oz Gravy 1oz Broccoli/Carrots 4oz Sweet Potatoes 4oz Dinner Roll 1ea Margarine 1pc Grapes 4oz 1% Milk 8oz 
23 Red Chile Beef Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 4oz 1% Milk 8oz 	24 Chicken Salad 4oz *May Contain Nuts Coleslaw 4oz Dinner Roll 1ea Margarine 1pc Mixed Berries 4oz 1% Milk 8oz 	25 Baked Pollok 3oz Roasted Peppers 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Chocolate Pudding 4oz 1% Milk 8oz 	26 Cheese Omelet 3oz Red Chili/Peppers 3oz Diced Potatoes 4oz Stewed Tomatoes 4oz Applesauce 4oz 1% Milk 8oz 	27 Carne Adovada 4oz Calabacitas 4oz Green Beans 4oz Flour Tortilla 2ea Jell-O 4oz 1% Milk 8oz 