

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>
27 <ul style="list-style-type: none"> ◆ Salisbury Steak ◆ Roasted Potatoes ◆ Seasonal Vegetable ◆ Seasonal Fruit ◆ 1% Milk 	28 <ul style="list-style-type: none"> ◆ Beef Fajitas ◆ Tortilla ◆ Spinach ◆ Pinto Beans ◆ Seasonal Fruit ◆ 1% Milk 	1 <ul style="list-style-type: none"> ◆ Seasoned Baked Chicken ◆ Mashed Potato ◆ Seasonal Vegetable ◆ Seasonal Fruit ◆ Dinner Roll ◆ 1% Milk 	2 <ul style="list-style-type: none"> ◆ Chile Dog w/Cheese ◆ Tatar Tots ◆ Seasoned Roasted Corn ◆ Seasonal Fruit ◆ 1% Milk 	3 <ul style="list-style-type: none"> ◆ Cajun Garlic Butter Tilapia ◆ Orzo w/ Diced Tomatoes ◆ Seasonal Vegetable ◆ Seasonal Fruit ◆ 1% Milk 
6 <ul style="list-style-type: none"> ◆ Beef Stroganoff/Pasta ◆ Steamed Carrots ◆ Broccoli ◆ Croissant w/Margarine ◆ Apricots ◆ 1% Milk 	7 <ul style="list-style-type: none"> ◆ Chicken Fajitas Beef/Fajita Blend ◆ Flour Tortilla ◆ Calabacitas ◆ Spanish Rice ◆ Seasonal Fruit: Mandarin Orange ◆ 1% Milk 	8 <ul style="list-style-type: none"> ◆ Sliced Ham ◆ Blackeye Peas ◆ Seasonal Vegetable: Okra/Diced tomatoes ◆ Yogurt ◆ 1% Milk 	9 <ul style="list-style-type: none"> ◆ Meatloaf w/Tomato Gravy ◆ Rosemary Potatoes ◆ Green Beans ◆ Grapes ◆ 1% Milk 	10 <ul style="list-style-type: none"> ◆ Blackened Tilapia ◆ Ancient Grains ◆ Green Peas ◆ Whole Wheat Roll w/Margarine ◆ Sliced Peached ◆ 1% Milk 
13 <ul style="list-style-type: none"> ◆ Baked Chicken w/Gravy ◆ Mashed Potato ◆ Seasonal Vegetable: Italian Vegetable ◆ Seasonal Fruit: Mixed Fruit ◆ Dinner Roll w/Margarine ◆ 1% Milk 	14 <ul style="list-style-type: none"> ◆ Bean and Rice Burrito w/Red Chile Sauce ◆ Street Roasted Corn ◆ Fajita Blead Peppers ◆ Banana ◆ 1% Milk 	15 <ul style="list-style-type: none"> ◆ Pork Chop w/Gravy ◆ Lemon Herb Rice ◆ Beets ◆ Pears ◆ 1% Milk 	16 <ul style="list-style-type: none"> ◆ Lentil Minestrone Soup ◆ Seasonal Vegetable: Succotash ◆ Bread Stick ◆ Seasonal Fruit: Peaches ◆ 1% Milk 	17 <ul style="list-style-type: none"> ◆ Corned Beef ◆ Diced Potatoes ◆ Steamed Cabbage ◆ Cookie ◆ 1% Milk 
20 <ul style="list-style-type: none"> ◆ Chicken & Sausage Jambalaya w/Peppers & Onions ◆ Collard Greens ◆ Brown Rice ◆ Sliced Apples ◆ 1% Milk 	21 <ul style="list-style-type: none"> ◆ Salisbury Steak w/Brown Gravy ◆ Rosemary Potatoes ◆ Sliced Carrots ◆ Pineapple ◆ Dinner Roll w/Margarine ◆ 1% Milk 	22 <ul style="list-style-type: none"> ◆ Turkey Pot Pie/Vegetables/Biscuit ◆ Diced Potatoes ◆ Seasonal Vegetables: Zucchini ◆ Peaches ◆ 1% Milk 	23 <ul style="list-style-type: none"> ◆ Pork Loin Roast w/Gravy ◆ Sweet Potatoes ◆ Cauliflower/Broccoli ◆ Yogurt ◆ 1% Milk 	24 <ul style="list-style-type: none"> ◆ Breaded Cod/Tartar Sauce ◆ Rice Pilaf ◆ Seasonal Vegetable: Beets ◆ Seasonal Fruit: Strawberries ◆ 1% Milk 
27 <ul style="list-style-type: none"> ◆ Rotisserie Chicken ◆ Garlic Angel Hair Pasta ◆ Green Beans ◆ Dinner Roll w/Margarine ◆ Diced Pears ◆ 1% Milk 	28 <ul style="list-style-type: none"> ◆ Pasta Primavera: Pen-na/Mariana/Fajita Blend/Mozzarella ◆ Steamed Broccoli/Cauliflower/Carrots ◆ Bread Stick ◆ Cantaloupe ◆ 1% Milk 	29 <ul style="list-style-type: none"> ◆ Sliced Ham/Macaroni and Cheese ◆ Roasted Brussel Sprouts ◆ Stewed Tomatoes ◆ Oranges ◆ 1% Milk 	30 <ul style="list-style-type: none"> ◆ Red Beef Enchiladas-Red Chile/Beef/Cheese/Corn Tortilla ◆ Pinto Beans ◆ Calabacitas ◆ Seasonal Fruit: Grapes ◆ 1% Milk 	31 <ul style="list-style-type: none"> ◆ Garlic Buttered Salmon ◆ Brown Rice ◆ Okra/Tomatoes/Onions ◆ Vanilla Pudding ◆ 1% Milk 