






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
26 <ul style="list-style-type: none"> <li>◆ Carne adovada, red chile</li> <li>◆ Flour tortilla</li> <li>◆ Collard greens</li> <li>◆ Spanish rice</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 	27 <ul style="list-style-type: none"> <li>◆ Chicken soft tacos</li> <li>◆ Spanish rice</li> <li>◆ Corn w/red peppers</li> <li>◆ Cookie</li> <li>◆ 1% milk</li> </ul> 	28 <ul style="list-style-type: none"> <li>◆ Cheeseburger</li> <li>◆ Baked beans</li> <li>◆ Steamed carrots</li> <li>◆ Peaches</li> <li>◆ 1% milk</li> </ul> 	29 <ul style="list-style-type: none"> <li>◆ Swedish meatballs w/ gravy</li> <li>◆ Steamed green beans</li> <li>◆ Blueberry cobbler</li> <li>◆ 1% milk</li> </ul> 	1 <ul style="list-style-type: none"> <li>◆ Salmon w/garlic sauce</li> <li>◆ Angel hair pasta w/ diced tomatoes</li> <li>◆ Spinach</li> <li>◆ Jell-O</li> <li>◆ 1% milk</li> </ul> 
4 <ul style="list-style-type: none"> <li>◆ Diced pork over rice</li> <li>◆ Yams</li> <li>◆ Imperial blend vegetables</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 	5 <ul style="list-style-type: none"> <li>◆ Turkey w/gravy</li> <li>◆ Stuffing</li> <li>◆ Peas and carrots</li> <li>◆ Chocolate chip cookie</li> <li>◆ 1% milk</li> </ul> 	6 <ul style="list-style-type: none"> <li>◆ Beef steak w/grilled onions</li> <li>◆ Roasted red potatoes</li> <li>◆ Brussel sprouts</li> <li>◆ Sugar cookie</li> <li>◆ 1% milk</li> </ul> 	7 <ul style="list-style-type: none"> <li>◆ Breaded cod w/tartar sauce</li> <li>◆ Steak fries w/ketchup</li> <li>◆ Peas</li> <li>◆ Brownie</li> <li>◆ 1% milk</li> </ul> 	8 <ul style="list-style-type: none"> <li>◆ Green chile posole</li> <li>◆ Black beans</li> <li>◆ Calabacitas</li> <li>◆ Pears cupped</li> <li>◆ 1% milk</li> </ul> 
11 <ul style="list-style-type: none"> <li>◆ Beef fajitas</li> <li>◆ Pinto beans</li> <li>◆ Collard greens</li> <li>◆ Flour tortilla</li> <li>◆ Mixed fruit cup</li> <li>◆ 1% milk</li> </ul> 	12 <ul style="list-style-type: none"> <li>◆ Chicken alfredo w/ penne pasta</li> <li>◆ Green beans w/ mushrooms</li> <li>◆ Garlic bread stick</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 	13 <ul style="list-style-type: none"> <li>◆ Baked ham w/ pineapple sauce</li> <li>◆ Rice pilaf</li> <li>◆ Baby carrots</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 	14 <ul style="list-style-type: none"> <li>◆ Red chile omelet</li> <li>◆ Rosemary potatoes</li> <li>◆ Spinach</li> <li>◆ Pineapples cupped</li> <li>◆ 1% milk</li> </ul> 	15 <ul style="list-style-type: none"> <li>◆ Minestrone soup w/ navy beans</li> <li>◆ Cornbread</li> <li>◆ Malibu vegetable blend</li> <li>◆ Banana</li> <li>◆ 1% milk</li> </ul> 
18 <ul style="list-style-type: none"> <li>◆ Corned beef</li> <li>◆ Cornbread</li> <li>◆ Rosemary potatoes</li> <li>◆ Cabbage</li> <li>◆ Sugar cookie</li> <li>◆ 1% milk</li> </ul> 	19 <ul style="list-style-type: none"> <li>◆ Rotisserie chicken</li> <li>◆ Mashed potato w/gravy</li> <li>◆ Steamed carrots</li> <li>◆ Dinner roll w/margarine</li> <li>◆ Peaches</li> <li>◆ 1% milk</li> </ul> 	20 <ul style="list-style-type: none"> <li>◆ BBQ pulled pork</li> <li>◆ Tater tots w/ketchup</li> <li>◆ Corn w/red peppers</li> <li>◆ Mandarin oranges cupped</li> <li>◆ 1% milk</li> </ul> 	21 <ul style="list-style-type: none"> <li>◆ Red chile cheese enchiladas</li> <li>◆ Pinto beans</li> <li>◆ Spanish rice</li> <li>◆ Flour tortilla</li> <li>◆ Peaches</li> <li>◆ 1% milk</li> </ul> 	22 <ul style="list-style-type: none"> <li>◆ Baked ziti</li> <li>◆ Mixed vegetables</li> <li>◆ Garlic bread stick</li> <li>◆ Red apple</li> <li>◆ 1% milk</li> </ul> 
25 <ul style="list-style-type: none"> <li>◆ BBQ chicken thigh</li> <li>◆ Baked beans</li> <li>◆ Mashed potatoes</li> <li>◆ Dinner roll w/ margarine</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 	26 <ul style="list-style-type: none"> <li>◆ Red chile pork posole</li> <li>◆ Corn w/red peppers</li> <li>◆ Blueberry cobbler</li> <li>◆ Flour tortilla</li> <li>◆ 1% milk</li> </ul> 	27 <ul style="list-style-type: none"> <li>◆ Turkey pot pie</li> <li>◆ Au gratin potatoes</li> <li>◆ Imperial blend vegetables</li> <li>◆ Applesauce</li> <li>◆ 1% milk</li> </ul> 	28 <ul style="list-style-type: none"> <li>◆ Loaded baked potato w/green chile cheese</li> <li>◆ Oriental blend vegetables</li> <li>◆ Apple crisp</li> <li>◆ 1% milk</li> </ul> 	29 <ul style="list-style-type: none"> <li>◆ Cajun tilapia over rice</li> <li>◆ Pasta w/garlic butter</li> <li>◆ Italian vegetable blend</li> <li>◆ Granny Smith apple</li> <li>◆ 1% milk</li> </ul> 