




<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
2	3	4	5	6
<ul style="list-style-type: none"> ◆ Chicken Tender with BBQ Sauce ◆ Green Beans ◆ Sweet Potatoes ◆ Diced Peaches ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Salmon with Garlic Butter Sauce ◆ Vegetables ◆ Brown Rice ◆ Vanilla Pudding ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Stir Fry: Beef/ Broccoli/Pepper/ Onions ◆ Steamed Carrots ◆ Orzo ◆ Banana ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Turkey Pot Pie: Turkey/Mixed Vegetables ◆ Diced Beets with Onions ◆ Biscuit ◆ Cantaloupe ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Southwest Omelet with Red Chile ◆ Diced Potatoes ◆ Stewed Tomatoes ◆ Applesauce ◆ 1% Milk 
9	10	11	12	13
<ul style="list-style-type: none"> ◆ Ground Beef/Diced Tomato/Cheese ◆ Calabacitas ◆ Pinto Beans ◆ Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Cheese Tortellini with Meat Sauce ◆ Breadstick ◆ Vegetables ◆ Apple ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Sweet and Sour Pork with Pineapple ◆ Brown Rice ◆ Vegetables ◆ Honeydew ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Cajun Tilapia ◆ Vegetables ◆ Cornbread ◆ Strawberries ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Chicken Breaded Patty with White Gravy ◆ Mashed Potatoes ◆ Vegetables ◆ Orange ◆ 1% Milk 
16	17	18	19	20
<ul style="list-style-type: none"> ◆ Red Chile Beans with Beef ◆ Cornbread ◆ Peach Cobbler ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Cod with Tartar Sauce ◆ Brown Rice ◆ Vegetables ◆ Pear ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Salisbury Steak with Mushroom/Gravy ◆ Vegetables ◆ Mashed Potatoes ◆ Chocolate Pudding ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Chicken Thigh ◆ Collard Greens ◆ Succotash ◆ Pineapple Chunks ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ BBQ Pulled Pork ◆ Sweet Potato ◆ Vegetables ◆ Watermelon ◆ 1% Milk 
23	24	25	26	27
<ul style="list-style-type: none"> ◆ Garlic Tilapia ◆ Stewed Tomatoes ◆ Green Beans ◆ Jell-O ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Spaghetti with Meat Sauce ◆ Spinach with Onions ◆ Warm Sliced Apples ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Carne Adovada ◆ Corn with Peppers ◆ Vegetables ◆ Honeydew ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Sliced Turkey and Gravy ◆ Stuffing ◆ Vegetables ◆ Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Mini Corn Dog with Mustard ◆ Steamed Potato ◆ Vegetables ◆ Cantaloupe ◆ 1% Milk 



*The Department of Senior Affairs Senior Meal Program is proud to be part of the **New Mexico Grown** state initiative providing **locally sourced produce** ensuring our seniors a **healthy meal**.*