

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>
1 <ul style="list-style-type: none"> ◆ Bake Ziti w/ Spinach ◆ Green Beans ◆ Garlic Breadstick ◆ Diced Peaches ◆ 1% Milk 	2 <ul style="list-style-type: none"> ◆ Salmon w/Garlic Butter Sauce ◆ Steamed Carrots ◆ Seasoned Orzo ◆ Banana ◆ 1% Milk 	3 <ul style="list-style-type: none"> ◆ Beef/Broccoli/Pepper/Onions ◆ Stir Fry Vegetable ◆ Brown Rice ◆ Seasonal Fruit ◆ 1% Milk 	4 <ul style="list-style-type: none"> ◆ Chicken Salad ◆ Baked Potato Chips ◆ Coleslaw ◆ Sliced Wheat Bread ◆ Grapes ◆ 1% Milk 	5 <ul style="list-style-type: none"> ◆ Carne Adovada: Diced Pork/Red Chile ◆ Roasted Street Corn ◆ Pinto Beans ◆ Flour Tortilla ◆ Tapioca Pudding ◆ 1% Milk 
8 <ul style="list-style-type: none"> ◆ Baked Lemon Pepper Chicken ◆ Brown Rice ◆ Seasoned Beets ◆ Cantaloupe ◆ 1% Milk 	9 <ul style="list-style-type: none"> ◆ Diced Beef/Green Chile ◆ Calabacitas ◆ Pinto Beans ◆ Flour Tortilla ◆ Pear ◆ 1% Milk 	10 <ul style="list-style-type: none"> ◆ Sweet and Sour Pork ◆ Noodles ◆ Oriental Blend ◆ Orange ◆ 1% Milk 	11 <ul style="list-style-type: none"> ◆ Tilapia w/Cajun Buttered Sauce ◆ Seasonal Potatoes ◆ Roasted Brussels Sprouts ◆ Seasonal Fruit ◆ 1% Milk 	12 <ul style="list-style-type: none"> ◆ Sliced Turkey w/Gravy ◆ Cranberry Cornbread Stuffing ◆ Seasonal Vegetable ◆ Pumpkin Pudding ◆ 1% Milk 
15 <ul style="list-style-type: none"> ◆ Baked Cod w/Tarter Sauce ◆ Ancient Grains ◆ Steamed Green Peas ◆ Diced Peaches ◆ 1% Milk 	16 <ul style="list-style-type: none"> ◆ Green Chile Chicken Alfredo w/Pasta ◆ Normandy Blend ◆ Whole Grain Dinner Roll w/Margarine ◆ Seasonal Fruit ◆ 1% Milk 	17 <ul style="list-style-type: none"> ◆ Salisbury Steak w/Gravy ◆ Mashed Potatoes ◆ Seasonal Vegetables ◆ Fresh Seasonal Fruit ◆ 1% Milk 	18 <ul style="list-style-type: none"> ◆ Eggs Salad Sandwich ◆ Carrot Raisin Salad ◆ Watermelon ◆ Sliced Wheat Bread ◆ 1% Milk 	19 <ul style="list-style-type: none"> ◆ BBQ Pulled Pork ◆ Macaroni and Cheese ◆ Spinach w/Diced Tomatoes & Onions ◆ Grapes ◆ 1% Milk 
22 <ul style="list-style-type: none"> ◆ Swedish Meatballs w/Gravy ◆ Brown Rice ◆ Garlic Brussel Sprout ◆ Blueberries ◆ 1% Milk 	23 <ul style="list-style-type: none"> ◆ Baked Garlic Tilapia ◆ Mashed Sweet Potatoes ◆ Seasoned Vegetables ◆ Yogurt ◆ 1% Milk 	24 <ul style="list-style-type: none"> ◆ Bean/Cheese Burrito ◆ Diced Potatoes w/Onions ◆ Spinach ◆ Applesauce ◆ 1% Milk 	25 <ul style="list-style-type: none"> ◆ Chicken Tetrizzini ◆ Green Peas ◆ Garlic Breadstick ◆ Mixed Fruit ◆ 1% Milk 	26 <ul style="list-style-type: none"> ◆ Roast Beef/Sliced Cheese/Hoagie ◆ Lettuce/Tomatoes ◆ Potato Salad ◆ Watermelon ◆ 1% Milk 
29 <ul style="list-style-type: none"> ◆ CLOSED 	30 <ul style="list-style-type: none"> ◆ Baked Potato Broccoli/Cheese/Sour Cream ◆ Fajita Blend Vegetables ◆ Garlic Mushrooms ◆ Granola Bar ◆ 1% Milk 	31 <ul style="list-style-type: none"> ◆ Soft Tacos-Beef/Cheese ◆ Pinto Beans/Green Chile/Onion ◆ Warm Sliced Apples ◆ Lettuce/Tomatoes ◆ Flour Tortilla/Salsa ◆ 1% Milk 	1 <ul style="list-style-type: none"> ◆ Cheese Omelet ◆ Hash Browns ◆ Spinach ◆ Pineapple ◆ 1% Milk 	2 <ul style="list-style-type: none"> ◆ Greek Pasta Salad: Diced Ham ◆ Creamy Cucumber/Red Onion Salad ◆ Wheat Crackers ◆ Strawberries ◆ 1% Milk 