

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
29 <ul style="list-style-type: none"> ◆ Chicken tender w/ BBQ sauce ◆ Green beans ◆ Sweet potatoes ◆ Diced peaches ◆ 1% milk 	30 <ul style="list-style-type: none"> ◆ Salmon w/garlic butter ◆ Fajita blend vegetables ◆ Brown rice ◆ Vanilla pudding ◆ 1% milk 	1 <ul style="list-style-type: none"> ◆ Beef stir fry ◆ Steamed carrots ◆ Orzo ◆ Banana ◆ 1% milk 	2 <ul style="list-style-type: none"> ◆ Southwest omelet w/ red chile ◆ Diced potatoes ◆ Stewed tomatoes ◆ Cantaloupe ◆ 1% milk 	3 <ul style="list-style-type: none"> ◆ Turkey pot pie ◆ Diced beets ◆ Baked cinnamon apples ◆ 1% milk 
6 <ul style="list-style-type: none"> ◆ Beef tips w/bowtie pasta ◆ Normandy blend vegetables ◆ Cherry cobbler ◆ Dinner roll w/ margarine ◆ 1% milk 	7 <ul style="list-style-type: none"> ◆ Red chile beef enchilada ◆ Spanish rice ◆ Pinto beans ◆ Jell-O ◆ 1% milk 	8 <ul style="list-style-type: none"> ◆ Teriyaki chicken ◆ White rice ◆ Green beans ◆ Apple slices ◆ 1% milk 	9 <ul style="list-style-type: none"> ◆ Tilapia over brown rice w/lemon sauce ◆ Cauliflower ◆ Green beans ◆ Banana ◆ 1% milk 	10 <ul style="list-style-type: none"> ◆ Pork chop w/brown gravy ◆ Mashed potatoes ◆ Roasted Brussel sprouts ◆ Vanilla pudding ◆ 1% milk 
13 <ul style="list-style-type: none"> ◆ Ground beef w/diced tomato & cheese ◆ Calabacitas ◆ Pinto beans ◆ Yogurt ◆ 1% milk 	14 <ul style="list-style-type: none"> ◆ Cajun tilapia ◆ Brussel sprouts ◆ Cornbread ◆ Strawberries ◆ 1% milk 	15 <ul style="list-style-type: none"> ◆ Sweet and sour pork w/pineapple ◆ Brown rice ◆ Steamed carrots ◆ Honeydew ◆ 1% milk 	16 <ul style="list-style-type: none"> ◆ Elbow cheese macaroni w/broccoli ◆ Brussel sprouts ◆ Whole wheat breadstick ◆ Cottage cheese w/peaches ◆ 1% milk 	17 <ul style="list-style-type: none"> ◆ Chicken breaded patty w/white gravy ◆ Mashed potatoes ◆ Beets ◆ Orange ◆ 1% milk 
20 <ul style="list-style-type: none"> ◆ Red chile beans w/ beef, cheese, onions ◆ Corn bread ◆ Peach cobbler ◆ 1% milk 	21 <ul style="list-style-type: none"> ◆ Baked cod w/tartar sauce ◆ Brown rice ◆ Steamed carrots ◆ Pear ◆ 1% milk 	22 <ul style="list-style-type: none"> ◆ Baked chicken thigh ◆ Collard greens ◆ Succotash ◆ Pineapple chunks ◆ 1% milk 	23 <ul style="list-style-type: none"> ◆ Mushroom swiss veggie burger ◆ Steamed broccoli ◆ Sweet potatoes ◆ Oatmeal cookie ◆ 1% milk 	24 <ul style="list-style-type: none"> ◆ BBQ pulled pork ◆ Sweet potato ◆ Peas and carrots ◆ Watermelon ◆ 1% milk 
27 	28 <ul style="list-style-type: none"> ◆ Sliced turkey w/gravy ◆ Stuffing ◆ Beets ◆ Yogurt ◆ 1% milk 	29 <ul style="list-style-type: none"> ◆ Carne adovada ◆ Corn w/peppers ◆ Broccoli, cauliflower, carrots ◆ Honeydew ◆ 1% milk 	30 <ul style="list-style-type: none"> ◆ Whole wheat rotini pasta w/sauce & parmesan cheese ◆ Spinach w/onions ◆ Corn ◆ Peanut butter cookie ◆ 1% milk 	31 <ul style="list-style-type: none"> ◆ Chicken tender w/ BBQ sauce ◆ Steamed potato ◆ Green beans ◆ Cantaloupe ◆ 1% milk 