

*We reserve the right to alter the menu due to food availability, which includes closures due to inclement weather or any emergency .*

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
7 <ul style="list-style-type: none"> <li>◆ Salisbury Steak W/ Gravy</li> <li>◆ Mashed Potatoes</li> <li>◆ Green Beans</li> <li>◆ Seasonal Fruit</li> <li>◆ Whole Grain Dinner Roll W/Margarine</li> <li>◆ 1% Milk </li> </ul>	8 <ul style="list-style-type: none"> <li>◆ Sweet &amp; Sour Chicken W/Stir Fry Vegetables</li> <li>◆ Seasonal Vegetables</li> <li>◆ Brown Rice</li> <li>◆ Fortune Cookie</li> <li>◆ 1% Milk </li> </ul>	9 <ul style="list-style-type: none"> <li>◆ Cheese Omelet W/ Mushrooms</li> <li>◆ Stewed Tomatoes</li> <li>◆ Diced Potatoes</li> <li>◆ Whole Grain Biscuit W/Margarine</li> <li>◆ 1% Milk </li> </ul>	10 <ul style="list-style-type: none"> <li>◆ BBQ Pork</li> <li>◆ Roasted Sweet Potatoes</li> <li>◆ Collard Greens</li> <li>◆ Watermelon</li> <li>◆ Whole Grain Dinner Roll W/Margarine</li> <li>◆ 1% Milk </li> </ul>	11 <p style="text-align: center;"><b>Closed</b> <b>Veterans</b> <b>Day</b></p>
14 <ul style="list-style-type: none"> <li>◆ Lemon Garlic Salmon/ Ancient Grain Blend</li> <li>◆ Green Beans</li> <li>◆ Succotash</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	15 <ul style="list-style-type: none"> <li>◆ Meatballs W/Marinara Sauce</li> <li>◆ Steak Fries</li> <li>◆ Seasonal Vegetables</li> <li>◆ Banana</li> <li>◆ Whole Grain Hoagie Roll</li> <li>◆ 1% Milk </li> </ul>	16 <ul style="list-style-type: none"> <li>◆ Baked Seasoned Chicken W/Rice Pilaf</li> <li>◆ Diced Beets</li> <li>◆ Roasted Brussel Sprouts</li> <li>◆ Chocolate Pudding</li> <li>◆ 1% Milk </li> </ul>	17 <ul style="list-style-type: none"> <li>◆ Carne Adovada</li> <li>◆ Spinach &amp; Onions</li> <li>◆ Pinto Beans</li> <li>◆ Flour Tortilla</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	18 <ul style="list-style-type: none"> <li>◆ Pasta Primavera W/Stir Fry Vegetables &amp; Alfredo Sauce</li> <li>◆ Steamed Zucchini</li> <li>◆ Breadstick</li> <li>◆ Seasonal Fruit</li> <li>◆ Yogurt</li> <li>◆ 1% Milk </li> </ul>
21 <ul style="list-style-type: none"> <li>◆ Breaded Cod W/ Tartar Sauce over Brown Rice</li> <li>◆ Spinach W/Onions</li> <li>◆ Cauliflower</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	22 <ul style="list-style-type: none"> <li>◆ Cheese Omelet W/ Mushrooms</li> <li>◆ Stewed Tomatoes</li> <li>◆ Hash Browns</li> <li>◆ Whole Grain Biscuit W/Margarine</li> <li>◆ Mandarin Oranges</li> <li>◆ 1% Milk </li> </ul>	23 <ul style="list-style-type: none"> <li>◆ Roasted Turkey W/ Cornbread Stuffing &amp; Gravy</li> <li>◆ Seasoned Green Beans</li> <li>◆ Bake Yams W/ Marshmallows </li> <li>◆ Dinner Roll W/ Margarine &amp; Cranberry Sauce</li> <li>◆ Pumpkin Empanada &amp; Pumpkin Pie</li> </ul>	24 <p style="text-align: center;"><b>Holiday Closed</b></p> <p>The Department of Senior Affairs Senior Meal Program is proud to be part of the <b>New Mexico Grown</b> state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.</p> 	25 <p style="text-align: center;"><b>Holiday Closed</b></p> <p>The Department of Senior Affairs Senior Meal Program is proud to be part of the <b>New Mexico Grown</b> state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.</p> 
28 <ul style="list-style-type: none"> <li>◆ Breaded Catfish W/ Tatar Sauce over Brown Rice</li> <li>◆ Stewed Tomatoes</li> <li>◆ Collard Greens</li> <li>◆ Pineapple</li> <li>◆ 1% Milk </li> </ul>	29 <ul style="list-style-type: none"> <li>◆ Spaghetti W/Meat Sauce</li> <li>◆ Sliced Mushrooms</li> <li>◆ Italian Blend Vegetables</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	30 <ul style="list-style-type: none"> <li>◆ Pork Chop W/ Roasted Sweet Potatoes</li> <li>◆ Green peas</li> <li>◆ Seasonal Vegetables</li> <li>◆ Applesauce</li> <li>◆ 1% Milk </li> </ul>	Dec. 1 <ul style="list-style-type: none"> <li>◆ Cheeseburger</li> <li>◆ Diced Tomatoes</li> <li>◆ Bell Peppers W/ Onions</li> <li>◆ Mixed Fruit</li> <li>◆ Whole Grain Hamburger Bun</li> <li>◆ 1% Milk </li> </ul>	Dec. 2 <ul style="list-style-type: none"> <li>◆ BBQ Baked Chicken W/Ancient Grains</li> <li>◆ Green Beans</li> <li>◆ Corn</li> <li>◆ Croissant W/ Margarine</li> <li>◆ Grapes</li> <li>◆ 1% Milk </li> </ul>