

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 Chicken Fajitas w/ 4oz Salsa 2oz Ranch Beans 4oz Flour Tortilla 2ea Hot Sliced Apples 4oz 1% Milk 8oz	 30 Beef Stroganoff w/ 3oz Elbow Pasta 3oz Cauliflower w/ 3oz Red Peppers 4oz Dinner Roll 1ea Margarine 1pc Grapes 1ea 1% Milk 8oz	 1 Tamales 2ea Red Chile Sauce 1oz Spinach 4oz Pinto Beans 4oz Yogurt 4oz 1% Milk 8oz	 2 Green Chile Mac & Cheese 4oz Steamed Broccoli 4oz Diced Beets 4oz Brownie 1ea 1% Milk 8oz	 3 BBQ Pulled Pork 4oz Sweet Potato Mash 4oz Green Beans w/ 4oz Mushrooms 4oz Jell-O 4oz 1% Milk 8oz
6 Cottage Pie 5oz Spinach w/ Onions 4oz Corn Bread 1ea Mandarin Oranges 4oz 1% Milk 8oz 	7 Teriyaki Pork w/ 3oz Brown Rice 2oz Stir Fry Veggies 4oz Corn & Edamame 4oz Diced Pears 4oz 1% Milk 8oz 	8 Frito Pie 5oz Normandy Blend 4oz Banana 1ea 1% Milk 8oz 	9 Green Chile Cheese Veggie Burger 5oz Diced Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz 	10 Green Chile Posole 4oz Green Beans 4oz Steamed Carrots 4oz Crackers 2ea Jell-O 4oz 1% Milk 8oz 
CLOSED 13 INDIGENOUS PEOPLES' DAY 	14 Open Faced Turkey Sandwich 3oz Gravy 2oz Sweet Potato Mash 4oz Green Beans 4oz Yogurt 1ea 1% Milk 8oz 	15 Sweet & Sour Pork 4oz Brown Rice 4oz Stir Fry Veggies 4oz Sliced Carrots 4oz Pudding 1ea 1% Milk 8oz 	16 Vegetable Lasagna 4oz Brussel Sprouts 4oz Garlic Breadstick 1ea Mixed Berries 4oz 1% Milk 8oz 	17 Green Chile Stew 4oz Pinto Beans 4oz Flour Tortilla 2ea Applesauce 4oz 1% Milk 8oz 
20 Beef Tips w/ Pasta 4oz Gravy 2oz Green Beans w/ 4oz Mushrooms 4oz Sliced Carrots 4oz Pudding 4oz 1% Milk 8oz 	21 Chicken Pot Pie 5oz Diced Beets 4oz Brussel Sprouts 4oz Yogurt 4oz 1% Milk 8oz 	22 Tilapia w/ 3oz Garlic Butter 1oz Brown Rice 4oz Cauliflower 4oz Apple Slices 4oz 1% Milk 8oz 	23 Pasta Primavera 4oz Spinach w/ Onions 4oz Edamame 4oz Banana 1ea 1% Milk 8oz 	24 Green Chile Ham Mac & Cheese 4oz Normandy Blend 4oz Cornbread 1ea Mixed Berries 4oz 1% Milk 8oz 
27 Carne Adovada 3oz Spanish Rice 4oz Corn 4oz Tortilla 1ea Pear 1ea 1% Milk 8oz 	28 Breaded Chicken Patty w/ Green Chile White Gravy 4oz Sweet Potato Mash 4oz Green Beans 4oz Applesauce 4oz 1% Milk 8oz 	29 Pot Roast 4oz Italian Blend 4oz Ancient Grain 4oz Yogurt 4oz 1% Milk 8oz 	30 Cheese Omelet w/ Fajita Blend 3oz Stewed Tomato 2oz Diced Potatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz 	31 Mummy loaf in Swamp Water 4oz Mashed Potatoes 4oz Sliced Carrots 4oz Jell-O 4oz 1% Milk 8oz 