

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
 28 Green Chile Chicken Pozole/Pinto Beans 4oz Peppers & Onions 4oz Calabacitas 4oz Tortilla 2ea Mandarin Oranges 4oz 1% Milk 8oz	 29 Beef Tips 3oz Brown Rice 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Warm Apple Slices 4oz 1% Milk 8oz	 30 Carne Adovada 3oz Red Chile 2oz Pinto Beans 4oz Spanish Rice 4oz Tortilla 2ea Vanilla Pudding 4oz 1% Milk 8oz	 1 Baked Ziti 4oz Succotash 4oz Garlic Breadstick 1ea Applesauce 4oz 1% Milk 8oz	 2 Green Chile Cheeseburger 1ea Diced Potatoes 4oz Steamed Broccoli 4oz Jell-O 4oz 1% Milk 8oz
 5 Chicken Fajitas w/ Salsa 3oz Pinto Beans 1pc Flour Tortillas 4oz Hot Sliced Apples 2ea 1% Milk 4oz 8oz	 6 Beef Stroganoff 3oz Elbow Pasta 3oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Grapes 1pc 1% Milk 8oz	 7 Pork Posole 3oz Green Chile Potatoes 3oz Steamed Carrots 4oz Broccoli 4oz Slice Sour Dough 1ea Margarine 1pc Yogurt 4ea 1% Milk 8oz	 8 Mac & Cheese w/ Broccoli 4oz Steamed Cauliflower 1oz Diced Beets 4oz Brownie 4oz 1% Milk 1ea 8oz	 9 BBQ Pulled Pork 3oz Sweet Potato Mash 4oz Green Beans w/ Mushrooms 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz
 CLOSED 12 INDIGENOUS PEOPLES' DAY	 13 Teriyaki Pork 3oz Brown Rice 2oz Stir Fry Vegetables 4oz Corn & Edamame 4oz Diced Pears 4oz 1% Milk 8oz	 14 Frito Pie 5oz Fritos 1oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz	 15 Veggie Green Chile Cheese Burger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz	 16 Beef Cottage Pie 5oz Spinach w/ Onions 4oz Corn Bread 1ea Mandarin Oranges 4oz 1% Milk 8oz
 19 Pork Tamales 2ea Red Chile 1oz Spinach 4oz Black Beans 4oz Pear 1ea 1% Milk 8oz	 20 Open Faced Turkey Sandwich 3oz Gravy 2oz Mashed Potatoes 4oz Green Beans 4oz Orange 1ea 1% Milk 8oz	 21 Sweet & Sour Pork 4oz Brown Rice 4oz Stir Fry Vegetables 4oz Sliced Carrots 4oz Pudding 4oz 1% Milk 8oz	  22 Anti-Inflammatory Vegetable Lasagna (Pasta, Marinara, Spinach, Cheese, & Zucchini) 5oz Three Bean Salad 4oz Garlic Breadstick 1ea Yogurt 4oz 1% Milk 8oz	 New Mexican Grown 23 Green Chile Stew (Chicken/Potatoes) 4oz Pinto Beans 4oz Flour Tortilla 2ea Applesauce 4oz 1% Milk 8oz
 26 Beef Tips 3oz Pasta/Gravy 2oz/2oz Green Beans & Mushrooms 4oz Bell Peppers/Onions 4oz Dinner Roll 1ea Margarine 1pc Pudding 4oz 1% Milk 8oz	 27 Chicken Pot Pie w/ Biscuit 5oz Diced Beets 1ea Brussel Sprouts 4oz Yogurt 4oz 1% Milk 8oz	 28 Breaded Pollock 3oz Tartar Sauce 1pc Brown Rice 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Sliced Apple 1ea 1% Milk 8oz	 29 Cheese Omelet w/ Spinach 3oz Stewed Tomato 2oz Diced Sweet Potatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz	 30 Mummy Loaf in Swamp Water aka Meatloaf w/ Gravy 4oz Mashed Potatoes 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz