

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
 31 Pork Fajitas 4oz Steamed Broccoli 4oz Calabacitas 4oz Tortilla 2ea Orange 4oz 1% Milk 8oz	 1 Chicken Parmesan 5oz Brussel Sprouts 4oz Steamed Carrots 4oz Brownie 1ea 1% Milk 8oz	 2 Red Chile Beef Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 4oz 1% Milk 8oz	 3 Elbow Mac & Cheese w/ Broccoli 4oz Spinach/Mushrooms 4oz Wheat Breadstick 1ea Cupped Peaches 4oz 1% Milk 8oz	 4 Meatloaf 4oz Green Beans 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Pear 4oz 1% Milk 8oz
CLOSED 7 	 8 Roasted Pork Loin 3oz Brown Gravy 1oz Scalloped Potatoes 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Pears 4oz 1% Milk 8oz	 9 Teriyaki Chicken 3oz Stir Fry Vegetables 4oz Soy Sauce 1pc Green Beans w/ Mushrooms 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz	 10 Pasta Primavera w/ Broccoli & Carrots 4oz Spinach & Chick Peas 4oz Diced Beets 4oz Mandarin Oranges 4oz 1% Milk 8oz	 11 Chile Bowl /Beef 3oz Pinto Beans 4oz Red Chile 1oz Calabacitas 4oz Corn Bread 1ea Mixed Berries 4oz 1% Milk 8oz
 14 Meatloaf w/ Gravy 3oz Mashed Potatoes 1oz Sliced Carrots 4oz Dinner Roll 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	 15 Rotisserie Chicken 3oz Brown Rice 4oz Diced Beets 4oz Green Beans w/ Mushrooms 4oz Dinner Roll 1ea Margarine 1pc Grapes 1ea 1% Milk 8oz	 16 Lemon Pepper Pollock 3oz Buttered Noodles 3oz Spinach 4oz Pinto Beans 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz	 17 Southwest Omelet 3oz Peppers w/ Onions 4oz Green Chile 1oz Stewed Tomatoes 4oz Black & Pinto Beans 4oz Peaches 4oz 1% Milk 8oz	 18 Herb Pork Loin 3oz Gravy 1oz Sautéed Zucchini 4oz Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz
 21 BBQ Chicken 3oz Corn & Red Peppers 4oz Baked Beans 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz	 22 Salisbury Steak 3oz Brown Gravy 1oz Mashed Potatoes 4oz Succotash 4oz Mandarin Oranges 4oz 1% Milk 8oz	 23 Sweet & Sour Pork 3oz Stir Fry Vegetables 4oz Brussel Sprouts 4oz Brown Rice 4oz Dinner Roll 1ea Margarine 1pc Warm Sliced Apples 4oz 1% Milk 8oz	 Anti-Inflammatory 24 Enchiladas (Green Chile, Squash, Cheese & Corn Tortillas) 2ea Pinto Beans 4oz Spanish Rice 4oz Pudding 4oz 1% Milk 8oz	 25 Tuna Noodle Casserole 4oz Normandy Blend 4oz Breadstick 1ea Diced Pears 4oz 1% Milk 8oz
 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