



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
				1
				<ul style="list-style-type: none"> ◆ Turkey w/Gravy ◆ Stuffing ◆ Vegetables ◆ Fruit ◆ 1% Milk
4	5	6	7	8
<ul style="list-style-type: none"> ◆ Salisbury Steak w/Gravy ◆ Roasted Redskin Potatoes ◆ Vegetables ◆ Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Rotisserie Chicken ◆ Brown Rice ◆ Beets w/Onions ◆ Dinner Roll ◆ Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Turkey Chef Salad ◆ Orzo Pasta w/Red Peppers ◆ Croissant ◆ Pudding ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Frito Pie ◆ Vegetables ◆ Corn Chips ◆ Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Garlic Tilapia ◆ Pasta w/Diced Tomatoes ◆ Vegetables ◆ Fruit ◆ 1% Milk
11	12	13	14	15
<ul style="list-style-type: none"> ◆ Sloppy Joe ◆ Tater Tots ◆ Vegetables ◆ Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Egg Salad Sandwich ◆ Mediterranean Mixed Bean Salad ◆ Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Chicken Fajitas ◆ Spanish Brown Rice ◆ Vegetables ◆ Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Chicken Tender w/BBQ Sauce ◆ Steamed Potatoes ◆ Vegetables ◆ Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Cod w/Tartar Sauce ◆ Orzo Pasta w/Black Olives ◆ Vegetables ◆ Chocolate Cake ◆ 1% Milk
18	19	20	21	22
<ul style="list-style-type: none"> ◆ Carne Adovada ◆ Vegetables ◆ Pinto Beans ◆ Cookie ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef Fajitas ◆ Sweet Potatoes ◆ Vegetables ◆ Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef Patty w/Mushroom & Swiss ◆ Vegetables ◆ Hamburger Bun ◆ Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Spaghetti w/Meat Sauce ◆ Vegetables ◆ Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Southwest Omelet ◆ Stewed Tomatoes ◆ Hash Browns ◆ Fruit ◆ 1% Milk
25	26	27	28	29
<ul style="list-style-type: none"> ◆ Bean & Rice Burrito topped w/Red Chile & Cheese ◆ Vegetables ◆ Cake ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef Tips w/Bowtie Pasta ◆ Vegetables ◆ Wheat Roll ◆ Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Chicken ◆ Southern Black Eyed Peas ◆ Brown Rice w/Red Peppers ◆ Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Ziti ◆ Steamed Green Beans ◆ Seasonal Vegetables ◆ Apple Sauce ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Roast Beef w/Gravy ◆ Parsley Potatoes ◆ Vegetables ◆ Fruit ◆ 1% Milk

*The Department of Senior Affairs Senior Meal Program is proud to be part of the **New Mexico Grown** state initiative providing **locally sourced produce** ensuring our seniors a healthy meal.*