

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
<p>31</p> <ul style="list-style-type: none"> ◆ Chicken Tamales 2ea ◆ Red Chile 1oz ◆ Roasted Vegetables 4oz ◆ Berry Compote 4oz ◆ 1% Milk 8oz 	<p>1</p> <ul style="list-style-type: none"> ◆ Pork Posole 4oz ◆ Mushrooms 4oz ◆ Pinto Beans 4oz ◆ Dinner Roll 1ea ◆ Margarine 1pc ◆ Jell-O 4oz ◆ 1% Milk 8oz 	<p>2</p> <ul style="list-style-type: none"> ◆ Beef Tips w/Gravy 3oz ◆ Pasta 4oz ◆ Brussel Sprouts 4oz ◆ Dinner Roll 1ea ◆ Margarine 1pc ◆ Yogurt 6oz ◆ 1% Milk 8oz 	<p>3</p> <ul style="list-style-type: none"> ◆ Veggie Green Chile Cheeseburger 1ea ◆ Diced Potatoes 4oz ◆ Succotash 4oz ◆ Pudding 4oz ◆ 1% Milk 8oz 	<p>4</p> <ul style="list-style-type: none"> ◆ Garlic Butter Tilapia 4oz ◆ Spinach 4oz ◆ Green Beans 4oz ◆ Grapes 4oz ◆ 1% Milk 8oz 
<p>7</p> <ul style="list-style-type: none"> ◆ Rotisserie Chicken 4oz ◆ Roasted Vegetables 4oz ◆ Sweet Potato Mash 4oz ◆ Dinner Roll 1ea ◆ Margarine 1pc ◆ Banana 1ea ◆ 1% Milk 8oz 	<p>8</p> <ul style="list-style-type: none"> ◆ Salisbury Steak 4oz ◆ Green Chile Gravy 2oz ◆ Mashed Potatoes 4oz ◆ Cauliflower 4oz ◆ Dinner Roll 1ea ◆ Margarine 1pc ◆ Orange 1ea ◆ 1% Milk 8oz 	<p>9</p> <ul style="list-style-type: none"> ◆ Asian Diced Pork 3oz ◆ Peppers 2oz ◆ Brown Rice 4oz ◆ Roasted Vegetables 4oz ◆ Fortune Cookie 2ea ◆ 1% Milk 8oz 	<p>10</p> <ul style="list-style-type: none"> ◆ Macaroni & Broccoli 4oz ◆ Green Beans 4oz ◆ Carrots 4oz ◆ Yogurt 4oz ◆ 1% Milk 8oz 	<p>11</p> <ul style="list-style-type: none"> ◆ Breaded Cod 4oz ◆ Tarter Sauce 1ea ◆ Steamed Broccoli 4oz ◆ Calabacitas 4oz ◆ Mixed Berry 4oz ◆ 1% Milk 8oz 
<p>14</p> <ul style="list-style-type: none"> ◆ Carne Adovada 3oz ◆ Red Chile 2oz ◆ Spinach 4oz ◆ Pinto Beans 4oz ◆ Pudding 1ea ◆ 1% Milk 8oz 	<p>15</p> <ul style="list-style-type: none"> ◆ Chicken Fajita 4oz ◆ Tortilla 2ea ◆ Brown Rice 4oz ◆ Corn/Edamame 4oz ◆ Banana 1ea ◆ 1% Milk 8oz 	<p>16</p> <ul style="list-style-type: none"> ◆ Beef Tips w/Gravy 3oz ◆ Bowtie Pasta 4oz ◆ Brussel Sprouts 4oz ◆ Dinner Roll 1ea ◆ Margarine 1pc ◆ Yogurt 6oz ◆ 1% Milk 8oz 	<p>17</p> <ul style="list-style-type: none"> ◆ Spaghetti 4oz ◆ Mushrooms 2oz ◆ Roasted Cauliflower 4oz ◆ Dinner Roll 1ea ◆ Margarine 1pc ◆ Orange 1ea ◆ 1% Milk 8oz 	<p>18</p> <ul style="list-style-type: none"> ◆ Lemon Pepper Salmon 1ea ◆ Mashed Potatoes 4oz ◆ Steamed Broccoli 4oz ◆ Apple 1ea ◆ 1% Milk 8oz 
<p>21</p> <ul style="list-style-type: none"> ◆ Turkey Tetrazzini 4oz ◆ Corn/Edamame 4oz ◆ Dinner Roll 1ea ◆ Margarine 1pc ◆ Jell-O 4oz ◆ 1% Milk 8oz 	<p>22</p> <ul style="list-style-type: none"> ◆ Beef Tips w/Gravy 3oz ◆ Penne Pasta 4oz ◆ Roasted Veggies 4oz ◆ Berry Compote 4oz ◆ Dinner Roll 1ea ◆ Margarine 1pc ◆ 1% Milk 8oz 	<p>23</p> <ul style="list-style-type: none"> ◆ Pork Tamales 2ea ◆ Red Chile 1oz ◆ Pinto Beans 4oz ◆ Calabacitas 4oz ◆ Pudding 4oz ◆ 1% Milk 8oz 	<p>24</p> <ul style="list-style-type: none"> ◆ Cheese Omelet 3oz ◆ Peppers & Onions 2oz ◆ Mushrooms 4oz ◆ Apple Slices 4oz ◆ 1% Milk 8oz 	<p>25</p> <ul style="list-style-type: none"> ◆ Baked Chicken 3oz ◆ Sweet Potato Mash 4oz ◆ Spinach 4oz ◆ Dinner Roll 1ea ◆ Margarine 1pc ◆ Jell-O 4oz ◆ 1% Milk 8oz 
<p>28</p> <ul style="list-style-type: none"> ◆ Salisbury Steak 3oz ◆ Gravy 1oz ◆ Rosemary Potatoes 4oz ◆ Malibu Blend 4oz ◆ Mixed Berry 4oz ◆ 1% Milk 8oz 	<p>29</p> <ul style="list-style-type: none"> ◆ Chicken Posole 4oz ◆ Mushrooms 4oz ◆ Spinach 4oz ◆ Dinner Roll 1ea ◆ Margarine 1pc ◆ Pears 4oz ◆ 1% Milk 8oz 	<p>30</p> <ul style="list-style-type: none"> ◆ Garlic Tilapia 3oz ◆ Brussel Sprouts 4oz ◆ Carrots 4oz ◆ Jell-O 4oz ◆ 1% Milk 8oz 	<p>1</p> <ul style="list-style-type: none"> ◆ Cheese Lasagna 4oz ◆ Roasted Veggies 4oz ◆ Dinner Roll 1ea ◆ Margarine 1pc ◆ Yogurt 4oz ◆ 1% Milk 8oz 	<p>2</p> <ul style="list-style-type: none"> ◆ Diced Pork 3oz ◆ Gravy 2oz ◆ Sweet Potato Mash 4oz ◆ Green Beans 4oz ◆ Orange 1ea ◆ 1% Milk 8oz 