August 2023

ONE ALBUQUERQUE

The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.

New Mexico GROWN

Monday	Tuesday	Wednesday	Thursday	Friday
31 ♦ Spaghetti w/ marinara sauce ♦ Broccoli w/red peppers ♦ Seasonal vegetable ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk	**1** ♦ Green chile chicken enchilada ♦ Pinto beans ♦ Calabacitas ♦ Mandarin oranges ♦ 1% milk	**2** ♦ Philly Cheesesteak sandwich ♦ Steamed carrots ♦ Warm cinnamon apples ♦ Whole grain hoagie bun ♦ 1% milk	**3** ♦ Meatloaf w/tomato gravy ♦ Roasted redskin potatoes ♦ Green beans ♦ Fresh seasonal fruit ♦ Whole grain dinner role ♦ 1% milk	**4** ♦ Salmon w/ pineapple over brown rice pilaf ♦ Brussel sprouts ♦ Diced beets ♦ Honeydew melon ♦ 1% milk
7 ♦ Sweet and sour pork w/ fajita blend vegetables ♦ Brown rice ♦ Green peas ♦ Vanilla pudding ♦ 1% milk	**8** ♦ Cheeseburger w/ mushrooms ♦ Mushroom sauté ♦ Tater tots ♦ Whole grain bun ♦ Banana ♦ 1% milk	**9** ♦ Lime fish tacos ♦ Calabacitas ♦ Steamed carrots ♦ Fresh seasonal fruit ♦ 1% milk	**10** ♦ Beef tips w/ brown gravy ♦ Spinach w/ onions ♦ Sweet potatoes ♦ Fresh seasonal fruit ♦ 1% milk	**11** ♦ Chicken alfredo ♦ Zucchini w/ red peppers ♦ Seasonal vegetable ♦ Fresh seasonal fruit ♦ 1% milk
14 ♦ Cheese omelet w/ red chile ♦ Stewed tomato ♦ Diced potatoes ♦ Whole grain biscuit ♦ Mandarin oranges ♦ 1% milk	**15** ♦ Spaghetti w/ meatballs ♦ Green beans ♦ Seasonal vegetable ♦ Pineapple ♦ 1% milk	**16** ♦ Chicken salad w/bell pepper, celery, onion ♦ Fresh cucumber slices ♦ Coleslaw ♦ Whole grain bread ♦ Cantaloupe ♦ 1% milk	**17** ♦ Pollock over brown rice ♦ Malibu blend (carrots, cauliflower) ♦ Green peas ♦ Fresh seasonal fruit ♦ Tarter sauce ♦ 1% milk	**18** ♦ Roasted pork loin w/ brown gravy ♦ Scalloped potatoes ♦ Carrots ♦ Pears ♦ Whole grain dinner roll ♦ 1% milk
21 ♦ Salisbury steak w/ brown gravy ♦ Roasted rosemary potatoes ♦ Spinach ♦ Mandarin oranges ♦ 1% milk	**22** ♦ BBQ pork ♦ Baked beans ♦ Broccoli w/ red peppers ♦ Fresh seasonal fruit ♦ Whole grain dinner role ♦ 1% milk	**23** ♦ Baked seasoned chicken w/ brown rice pilaf ♦ Sweet potato ♦ Green beans ♦ Red grapes ♦ 1% milk	**24** ♦ Spinach lasagna ♦ Buttery corn ♦ Summer squash ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk	**25** ♦ Baked garlic tilapia w/ ancient grain blend ♦ Brussel sprouts ♦ Corn w/ bell peppers ♦ Honeydew melon ♦ Chocolate chip cookies ♦ 1% milk
28 ♦ Sliced ham w/ cornbread ♦ Pinto beans ♦ Collard greens ♦ Pineapple ♦ 1% milk	**29** ♦ Beef and vegetable stir fry ♦ Buttered noodles ♦ Green beans w/ mushrooms ♦ Fresh seasonal fruit ♦ 1% milk	**30** ♦ Fish and chips ♦ Stewed tomatoes ♦ Warm sliced apples ♦ Whole grain dinner roll ♦ 1% milk	**31** ♦ Chicken w/ ziti pasta ♦ Steamed broccoli ♦ Carrots and zucchini ♦ Fresh strawberries ♦ 1% milk	**1** ♦ Green chile cheeseburger ♦ Tater tots ♦ Sliced tomatoes ♦ Whole grain bun ♦ Watermelon ♦ 1% milk