

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
2 • Salisbury Steak w/ Green Chile Gravy • Corn • Mashed Potatoes • Dinner Roll/Margarine • Yogurt • 1% milk	 J Turkey Tetrazzini Brussel Sprouts Peach Cobbler Breadstick 1% milk 	 Baked Tilapia w/Tarter Sauce Rice Pilaf Green Beans Vanilla Pudding 1% milk 	5 • Spaghetti /Mushrooms • Seasonal Vegetable • Breadstick • Mixed Fruit Cup • 1% milk	 <i>biced Pork w/ Gravy</i> Brown Rice Oriental Blend Dinner Roll/Margarine Jell-O 1% milk
9 • Beef Stir-Fry • Butter Noodles • Fortune Cookies • Seasonal Fruit • 1% milk	 10 Lemon Baked Salmon White Rice Seasonal Vegetable Dinner Roll/ Margarine Orange 1% milk 	 11 Pork Tamale/Red Chile Pinto Beans Seasonal Vegetable/ Calabacitas Chocolate Pudding 1% milk 	 12 Cheese Omelet / Onions & Peppers Stewed Tomatoes Spinach Apple Sauce 1% milk 	 13 Chicken Posole Succotash Tortilla Diced Pears 1% milk
16 • Carne Adovada/ Red Chile • Spanish Rice • Corn w/ Red Peppers • Vanilla Pudding • 1% milk	 17 Turkey & Brown Rice w/ Gravy Green Beans Cauliflower w/ Red Peppers Apple Sauce 1% milk 	 18 Baked Chicken Mashed Potatoes Diced Beets Mixed Fruits 1% milk 	19 • Macaroni & Broccoli • Spinach • Cherry Cobbler • Dinner Roll/Margarine • 1% milk	20 • Ground Beef/Potatoes • Stewed Tomatoes • Cornbread • Peaches • 1% milk
23 • Baked Cod Fish/ Tartar Sauce • Rice Pilaf • Carrots • Jell-O • 1% milk	24 • Ham/Pineapple Glaze • Mashed Sweet Potatoes • Mixed Vegetables • Holiday Cookie • 1% milk	25 CLOSED TAPPY	26 • Veggie Cheeseburger • Diced Beets • Normandy Blend • Chocolate Pudding • 1% milk	27 • Green Chile Chicken Tamale • Pinto Beans • Calabacitas • Yogurt • 1% milk
30 • Texas Chili • Cornbread/Margarine • Succotash • Diced Pears • 1% milk	31 • Asian Diced Pork/ Peppers • Rice Pilaf • Oriental Blend • Fortune Cookie • 1% milk	I CLOSED	 2 • Omelet w/ Red Chile & Peppers • Sweet Potatoes • Blackeye Peas • Dinner Roll/Margarine • Pudding • 1% milk 	<i>3</i> • Breaded Cod/ Tartar Sauce • Crinkle Cut Fries • Peas & Carrots • Brownies • 1% milk