











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>3</p> <ul style="list-style-type: none"> ◆ Beef Tips w/ Gravy Over Bowtie Pasta ◆ Brussel Sprouts ◆ Mixed Berries ◆ Dinner Roll with Margarine ◆ 1% milk 	<p>4</p> <ul style="list-style-type: none"> ◆ Lemon Pepper Salmon ◆ Brown Rice ◆ Roasted Fall Vegetables ◆ Yogurt ◆ 1% milk 	<p>5</p> <ul style="list-style-type: none"> ◆ Memphis Dry-Rubbed Chicken ◆ Cauliflower ◆ Dinner Roll with Margarine ◆ Mandarin Orange ◆ 1% milk 	<p>6</p> <ul style="list-style-type: none"> ◆ Pasta Primavera ◆ Steamed Broccoli ◆ Dinner Roll/ Margarine ◆ Warm Cinnamon Apple Chunks ◆ 1% milk 	<p>7</p> <ul style="list-style-type: none"> ◆ Pork Chop ◆ Mashed Potatoes ◆ Crispy Roasted Brussel Sprouts ◆ Jell-O ◆ 1% milk 
<p>10</p> <ul style="list-style-type: none"> ◆ Chicken Tamale w/ Green Chile ◆ Mushroom & Green Beans ◆ Diner Roll with Margarine ◆ Berry Compote ◆ 1% milk 	<p>11</p> <ul style="list-style-type: none"> ◆ Turkey w/ Gravy ◆ Steamed Broccoli ◆ Dinner Roll with Margarine ◆ Yogurt ◆ 1% milk 	<p>12</p> <ul style="list-style-type: none"> ◆ Chicken Posole ◆ Steamed Cauliflower ◆ Dinner Roll with Margarine ◆ Jell-O ◆ 1% milk 	<p>13</p> <ul style="list-style-type: none"> ◆ Red Chile Cheese Enchilada ◆ Brown Rice ◆ Roasted Fall Vegetables/ Calabacitas ◆ Pears ◆ 1% milk 	<p>14</p> <ul style="list-style-type: none"> ◆ Baked Cod with Tarter Sauce ◆ Brussel Sprouts ◆ Roasted Fall Vegetables ◆ Valentine Cookie ◆ 1% milk 
<p>CLOSED 17</p> 	<p>18</p> <ul style="list-style-type: none"> ◆ Baked Ham with Pineapple Sauce ◆ Sweet Potatoes ◆ 5 Way Vegetables ◆ Vanilla Pudding ◆ 1% milk 	<p>19</p> <ul style="list-style-type: none"> ◆ Baked Chicken ◆ Brown Rice ◆ Roasted Fall Vegetables ◆ Sliced Apple ◆ 1% milk 	<p>20</p> <ul style="list-style-type: none"> ◆ Baked Ziti ◆ Brussel Sprout ◆ Dinner Roll with Margarine ◆ Yogurt ◆ 1% milk 	<p>21</p> <ul style="list-style-type: none"> ◆ Tilapia with Tarter Sauce ◆ Rosemary Potatoes ◆ Steamed Broccoli ◆ Pears ◆ 1% milk 
<p>24</p> <ul style="list-style-type: none"> ◆ Red Chile Beans ◆ Crispy Roasted Cauliflower with Pumpkin Seeds ◆ Dinner Roll with Margarine ◆ Brownie ◆ 1% milk 	<p>25</p> <ul style="list-style-type: none"> ◆ Chicken Tamale w/ Green Chile ◆ Brown Rice ◆ Corn & Edamame ◆ Orange ◆ 1% milk 	<p>26</p> <ul style="list-style-type: none"> ◆ Diced Pork with Gravy ◆ Steamed Green Beans ◆ Berry Compote ◆ 1% milk 	<p>27</p> <ul style="list-style-type: none"> ◆ Veggie Green Chili Cheeseburger ◆ Sweet Potato Mash ◆ Roasted Fall Vegetables ◆ Apple Slices ◆ 1% milk 	<p>28</p> <ul style="list-style-type: none"> ◆ Lemon Pepper Salmon ◆ Mashed Potatoes ◆ Steamed Spinach ◆ Jell-O ◆ 1% milk 