













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
27 	28 ♦ Sliced turkey w/gravy ♦ Stuffing ♦ Beets ♦ Yogurt ♦ 1% milk 	29 ♦ Carne adovada ♦ Corn w/peppers ♦ Broccoli, cauliflower, carrots ♦ Honeydew ♦ 1% milk 	30 ♦ Whole wheat rotini pasta w/sauce & parmesan cheese ♦ Spinach w/onions ♦ Corn ♦ Peanut butter cookie ♦ 1% milk 	31 ♦ Chicken tender w/ BBQ sauce ♦ Steamed potato ♦ Green beans ♦ Cantaloupe ♦ 1% milk 
3 ♦ BBQ chicken sandwich ♦ Sweet potato ♦ Apple cobbler ♦ 1% milk 	4 ♦ Greek pasta salad w/ ham ♦ Cucumber & red onion salad w/ranch dressing ♦ Wheat crackers ♦ Mandarin oranges ♦ 1% milk 	5 ♦ Red chile omelet ♦ Steamed potatoes ♦ Stewed tomatoes ♦ Green apple ♦ 1% milk 	6 ♦ Mushroom Swiss veggie burger ♦ Steamed broccoli ♦ Corn bread ♦ Whole grain wheat bun ♦ Diced peaches ♦ 1% milk 	7 ♦ Beef steak w/grilled onions ♦ Mashed potatoes ♦ Steamed green beans ♦ Vanilla pudding ♦ 1% milk 
10 ♦ Baked ham w/ pineapple sauce ♦ Rice pilaf ♦ Baby carrots ♦ Yogurt ♦ 1% milk 	11 ♦ Salisbury steak w/ mushroom & onion gravy ♦ Green beans ♦ Scalloped potatoes ♦ Orange ♦ 1% milk 	12 ♦ Baked ziti w/chicken ♦ Steamed carrots & cauliflower ♦ Breadstick ♦ Pineapple ♦ 1% milk 	13 ♦ Whole wheat rotini pasta w/parmesan cheese ♦ Spinach w/onions ♦ Corn ♦ Peanut butter cookie ♦ 1% milk 	14 ♦ Bean burrito w/red chile ♦ Cauliflower ♦ Collard greens ♦ Watermelon ♦ 1% milk 
17 ♦ Beef tips w/bowtie pasta ♦ Steamed green beans ♦ Peach cobbler ♦ 1% milk 	18 ♦ Baked chicken thigh ♦ Steamed collard greens ♦ Brown rice ♦ Yogurt ♦ 1% milk 	19 	20 ♦ Elbow cheese macaroni w/broccoli ♦ Whole wheat breadstick ♦ Brussel sprouts ♦ Oatmeal cookie ♦ 1% milk 	21 ♦ Pork roast w/creamy onion gravy ♦ Steamed broccoli & carrots ♦ Mashed potatoes ♦ Dinner roll ♦ Green grapes ♦ 1% milk 
24 ♦ Beef steak w/grilled onions ♦ Roasted red potatoes ♦ Brussel sprouts ♦ Sugar cookie ♦ 1% milk 	25 ♦ Chicken thigh ♦ Succotash ♦ Cornbread ♦ Apple ♦ 1% milk 	26 ♦ Baked pollock ♦ Roasted peppers ♦ Ancient grain ♦ Chocolate pudding ♦ 1% milk 	27 ♦ Southwest omelet w/ red chili ♦ Diced potatoes ♦ Stewed tomatoes ♦ Applesauce ♦ 1% milk 	28 ♦ Carne adovada ♦ Pinto beans ♦ Brown rice ♦ Flour tortilla ♦ Jell-O ♦ 1% milk 