




















MARCH 2025



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> <p>Salisbury Steak 4oz Green Chile Gravy 2oz Sweet Potato Mash 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz</p> 	<p>4</p> <p>Diced Pork 3oz Gravy 2oz Mashed Potatoes 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz</p> 	<p>5</p> <p>Green Chile Posole 4oz Black Beans 4oz Calabacitas 4oz Pears Cupped 4oz 1% Milk 8oz</p> 	<p>6</p> <p>Red Chile Omelet 4oz Rosemary Potatoes 4oz Spinach 4oz Pineapples Cupped 4oz 1% Milk 8oz</p> 	<p>7</p> <p>Breaded Cod 3oz Tartar Sauce 1pc Brown Rice 4oz Roasted Veggies 4oz Brownie 1ea 1% Milk 8oz</p> 
<p>10</p> <p>Beef Tips w/Gravy 3oz Bowtie Pasta 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Yogurt 6oz 1% Milk 8oz</p> 	<p>11</p> <p>Chicken Tamales 4oz Mushrooms 4oz Pinto Beans, Spinach & Bell Peppers 4oz Mixed Berries 4oz 1% Milk 8oz</p> 	<p>12</p> <p>Baked Ham 3oz Pineapple Sauce 1oz Brown Rice 4oz Green Beans 4oz Yogurt 4oz 1% Milk 8oz</p> 	<p>13</p> <p>Cheese Lasagna 4oz Roasted Veggies 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz</p> 	<p>14</p> <p>Lemon Pepper Salmon 4oz Roasted Potatoes 4oz Brussel Sprouts 4oz Peaches 4oz 1% Milk 8oz</p> 
<p>17</p> <p>Corned Beef 4oz Corn Bread 1ea Rosemary Potatoes 4oz Cabbage 4oz Green Jell-O 4oz 1% Milk 8oz</p> 	<p>18</p> <p>Baked Chicken 3oz Sweet Potato Mash 4oz Sauteed Spinach 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz</p> 	<p>19</p> <p>Diced Pork 3oz Gravy 2oz Sweet Potato Mash 4oz Green Beans 4oz Jell-O 4oz 1% Milk 8oz</p> 	<p>20</p> <p>Spaghetti 4oz Mushrooms 2oz Roasted Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz</p> 	<p>21</p> <p>Breaded Cod 3oz Tartar Sauce 1ea Green Beans 4oz Brown Rice 4oz Yogurt 4oz 1% Milk 8oz</p> 
<p>24</p> <p>Chicken Posole 4oz Mushrooms 4oz Sauteed Spinach 4oz Mixed Berries 4oz 1% Milk 8oz</p> 	<p>25</p> <p>Salisbury Steak 4oz Green Chile Gravy 2oz Mashed Potatoes 4oz Roasted Veggies 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz</p> 	<p>26</p> <p>Turkey Tetrazzini 8oz Corn 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz</p> 	<p>27</p> <p>Macaroni & Broccoli 4oz Brussel Sprouts 4oz Sweet Potato Mash 4oz Pineapple Cupped 4oz 1% Milk 8oz</p> 	<p>28</p> <p>Lemon Baked Tilapia 4oz Tartar Sauce 1pc Mashed Potatoes 4oz Steamed Broccoli 4oz Apple 4oz 1% Milk 8oz</p> 