
























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.



Monday	Tuesday	Wednesday	Thursday	Friday
30 <ul style="list-style-type: none"> <li>◆ Pork Loin w/gravy</li> <li>◆ Rice pilaf</li> <li>◆ Corn</li> <li>◆ Dinner roll w/ margarine</li> <li>◆ Pear</li> <li>◆ 1% milk</li> </ul> 	31 <ul style="list-style-type: none"> <li>◆ Mummy loaf in swamp water (Meatloaf w/gravy)</li> <li>◆ Mashed potatoes</li> <li>◆ Sliced carrots</li> <li>◆ Jell-O</li> <li>◆ 1% milk</li> </ul> 	1 <ul style="list-style-type: none"> <li>◆ Breaded chicken patty w/green chile white gravy</li> <li>◆ Sweet potato</li> <li>◆ Green beans</li> <li>◆ Apple slices w/peanut butter cup</li> <li>◆ 1% milk</li> </ul> 	2 <ul style="list-style-type: none"> <li>◆ Pot roast w/potato, celery, carrots</li> <li>◆ Italian blend</li> <li>◆ Ancient grain</li> <li>◆ Mandarin oranges</li> <li>◆ 1% milk</li> </ul> 	3 <ul style="list-style-type: none"> <li>◆ Omelet w/mushrooms, spinach</li> <li>◆ Hash browns</li> <li>◆ Vegetable blend</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 
6 <ul style="list-style-type: none"> <li>◆ Pork loin w/gravy</li> <li>◆ Rice pilaf</li> <li>◆ Corn</li> <li>◆ Dinner roll w/ margarine</li> <li>◆ Diced pears</li> <li>◆ 1% milk</li> </ul> 	7 <ul style="list-style-type: none"> <li>◆ Ham mac &amp; cheese</li> <li>◆ Normandy blend vegetables</li> <li>◆ Cherry cobbler</li> <li>◆ 1% milk</li> </ul> 	8 <ul style="list-style-type: none"> <li>◆ Breaded chicken patty w/green chile white gravy</li> <li>◆ Sweet potato</li> <li>◆ Green beans</li> <li>◆ Red apple</li> <li>◆ 1% milk</li> </ul> 	9 <ul style="list-style-type: none"> <li>◆ Pot roast, potato, celery, carrots</li> <li>◆ Italian blend vegetables</li> <li>◆ Ancient grain</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 	10 <p style="text-align: center;"><b>CLOSED</b></p> 
13 <ul style="list-style-type: none"> <li>◆ Steak fingers w/white gravy</li> <li>◆ Red potatoes</li> <li>◆ Succotash</li> <li>◆ Sugar cookie</li> <li>◆ 1% milk</li> </ul> 	14 <ul style="list-style-type: none"> <li>◆ Ham w/ pineapple glaze</li> <li>◆ Biscuit w/ margarine</li> <li>◆ Sweet potato</li> <li>◆ Mixed fruit</li> <li>◆ 1% milk</li> </ul> 	15 <ul style="list-style-type: none"> <li>◆ Meatball sub sandwich w/ mozzarella</li> <li>◆ Steak fries w/ ketchup</li> <li>◆ Normandy blend</li> <li>◆ Mandarin oranges</li> <li>◆ 1% milk</li> </ul> 	16 <ul style="list-style-type: none"> <li>◆ Omelet w/ mushrooms &amp; spinach</li> <li>◆ Hash browns</li> <li>◆ Stewed tomatoes</li> <li>◆ yogurt</li> <li>◆ 1% milk</li> </ul> 	17 <ul style="list-style-type: none"> <li>◆ Green chile chicken enchiladas</li> <li>◆ Pinto beans</li> <li>◆ Spanish rice</li> <li>◆ Vanilla pudding</li> <li>◆ 1% milk</li> </ul> 
20 <ul style="list-style-type: none"> <li>◆ Cajun salmon</li> <li>◆ Fettuccine alfredo</li> <li>◆ Baby carrots</li> <li>◆ Granny smith apple</li> <li>◆ 1% milk</li> </ul> 	21 <ul style="list-style-type: none"> <li>◆ Beef w/peppers &amp; onions</li> <li>◆ Black beans</li> <li>◆ Imperial blend vegetables</li> <li>◆ Banana</li> <li>◆ 1% milk</li> </ul> 	22 <ul style="list-style-type: none"> <li>◆ Herb roasted turkey w/ gravy</li> <li>◆ Stuffing w/ gravy</li> <li>◆ Green bean casserole</li> <li>◆ Dinner roll</li> <li>◆ Pumpkin cake</li> <li>◆ 1% milk</li> </ul> 	23 <p style="text-align: center;"><b>CLOSED</b></p>	24 <p style="text-align: center;"><b>CLOSED</b></p> 
27 <ul style="list-style-type: none"> <li>◆ Rotisserie chicken</li> <li>◆ Rosemary potatoes</li> <li>◆ Corn w/ red peppers</li> <li>◆ Dinner roll w/ margarine</li> <li>◆ Grapes</li> <li>◆ 1% milk</li> </ul> 	28 <ul style="list-style-type: none"> <li>◆ Carne adovada/red chile</li> <li>◆ Flour tortilla</li> <li>◆ Pinto beans</li> <li>◆ Spanish rice</li> <li>◆ Pineapple</li> <li>◆ 1% milk</li> </ul> 	29 <ul style="list-style-type: none"> <li>◆ Beef tip w/elbow macaroni</li> <li>◆ Roasted carrots</li> <li>◆ Sliced beets</li> <li>◆ Vanilla pudding</li> <li>◆ 1% milk</li> </ul> 	30 <ul style="list-style-type: none"> <li>◆ Pasta primavera w/ alfredo sauce</li> <li>◆ Northwest blend vegetables</li> <li>◆ Breadstick</li> <li>◆ Peaches</li> <li>◆ 1% milk</li> </ul> 	1 <ul style="list-style-type: none"> <li>◆ Breaded cod fish w/ tartar sauce</li> <li>◆ Steamed red potatoes</li> <li>◆ Peas</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 