



# NOVEMBER 2024



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>28</p> <ul style="list-style-type: none"> <li>◆ Carne Adovada</li> <li>◆ Spanish Rice</li> <li>◆ Corn</li> <li>◆ Tortilla</li> <li>◆ Pear</li> <li>◆ 1% milk</li> </ul> 	<p>29</p> <ul style="list-style-type: none"> <li>◆ Breaded Chicken Patty w/ Green Chile &amp; White Gravy</li> <li>◆ Sweet Potato</li> <li>◆ Green Beans</li> <li>◆ Apple Slices w/ Peanut Butter Cup</li> <li>◆ 1% milk</li> </ul> 	<p>30</p> <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> 	<p>31</p> <ul style="list-style-type: none"> <li>◆ Omelet w/ Mushrooms &amp; Spinach</li> <li>◆ Hash Browns</li> <li>◆ 5 Way Vegetable Blend</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 	<p>1</p> <ul style="list-style-type: none"> <li>◆ Pot Roast (Potatoes, Celery, Carrots)</li> <li>◆ Italian Blend</li> <li>◆ Ancient Blend</li> <li>◆ Mandarin Oranges</li> <li>◆ 1% milk</li> </ul> 
<p>4</p> <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> 	<p>5</p> <ul style="list-style-type: none"> <li>◆ Green Chile Cheeseburger</li> <li>◆ Italian Blend Vegetables</li> <li>◆ Tater Tots w/ Ketchup</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 	<p>6</p> <ul style="list-style-type: none"> <li>◆ Chicken Fajita w/ Fajita Blend</li> <li>◆ Diced Potatoes</li> <li>◆ Pinto Beans</li> <li>◆ Red Apple</li> <li>◆ 1% milk</li> </ul> 	<p>7</p> <ul style="list-style-type: none"> <li>◆ Broccoli Mac &amp; Cheese</li> <li>◆ Normandy Blend</li> <li>◆ Cherry Cobbler</li> <li>◆ 1% milk</li> </ul> 	<p>8</p> <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> 
<p>11</p>  <p>VETERANS DAY</p>	<p>12</p> <ul style="list-style-type: none"> <li>◆ Ham w/ Pineapple Glaze</li> <li>◆ Biscuit w/ Margarine</li> <li>◆ Sweet Potatoes</li> <li>◆ Mixed Fruit</li> <li>◆ 1% milk</li> </ul> 	<p>13</p> <ul style="list-style-type: none"> <li>◆ Meatball Sub Sandwich w/ Mozzarella</li> <li>◆ Diced Potatoes w/ Ketchup</li> <li>◆ Normandy Blend</li> <li>◆ Mandarin Oranges</li> <li>◆ 1% milk</li> </ul> 	<p>14</p> <ul style="list-style-type: none"> <li>◆ Omelet w/ Mushrooms &amp; Spinach</li> <li>◆ Hashbrowns</li> <li>◆ Stewed Tomatoes</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 	<p>15</p> <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> 
<p>18</p> <ul style="list-style-type: none"> <li>◆ Cajun Salmon</li> <li>◆ Fettuccine Alfredo</li> <li>◆ Steamed Carrots</li> <li>◆ Granny Smith Apple</li> <li>◆ 1% milk</li> </ul> 	<p>19</p> <ul style="list-style-type: none"> <li>◆ Beef w/ Peppers &amp; Onions</li> <li>◆ Black Beans</li> <li>◆ Imperial Blend</li> <li>◆ Banana</li> <li>◆ 1% milk</li> </ul> 	<p>20</p> <ul style="list-style-type: none"> <li>◆ Beef Tips w/ Elbow Macaroni</li> <li>◆ Roasted Carrots</li> <li>◆ Sliced Beets</li> <li>◆ Vanilla Pudding</li> <li>◆ 1% milk</li> </ul> 	<p>21</p> <ul style="list-style-type: none"> <li>◆ Pasta Primavera w/ Alfredo Sauce</li> <li>◆ Northwest Blend</li> <li>◆ Breadstick</li> <li>◆ Peaches</li> <li>◆ 1% milk</li> </ul> 	<p>22</p> <ul style="list-style-type: none"> <li>◆ Breaded Cod Fish w/ Tarter Sauce</li> <li>◆ Steamed Red Potatoes</li> <li>◆ Peas</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 
<p>25</p> <ul style="list-style-type: none"> <li>◆ Rotisserie Chicken</li> <li>◆ Rosemary Potatoes</li> <li>◆ Corn w/ Red Peppers</li> <li>◆ Grapes</li> <li>◆ 1% milk</li> </ul> 	<p>26</p> <ul style="list-style-type: none"> <li>◆ Carne Adovada w/ Red Chile</li> <li>◆ Flour Tortilla</li> <li>◆ Pinto Beans</li> <li>◆ Spanish Rice</li> <li>◆ Pineapple</li> <li>◆ 1% milk</li> </ul> 	<p>27</p> <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> 	<p>28</p> <p>29</p>  <p>Happy Thanksgiving</p>	