


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
<p>3</p> <ul style="list-style-type: none"> ◆ Carne Adovada ◆ Spanish Rice ◆ Pinto Beans ◆ Roasted Corn ◆ Pineapple ◆ Flour Tortilla ◆ 1% Milk 	<p>4</p> <ul style="list-style-type: none"> ◆ Beef Stroganoff ◆ Broccoli & Red Peppers ◆ Seasonal Vegetables ◆ Bread Stick ◆ Apricots ◆ 1% Milk 	<p>5</p> <ul style="list-style-type: none"> ◆ Omelet w/ Fajita Blend ◆ Buttered Spinach ◆ Tater Tots ◆ Rice Pudding ◆ 1% Milk 	<p>6</p> <ul style="list-style-type: none"> ◆ Meatloaf w/ Gravy ◆ Mashed Potatoes ◆ Brussel Sprouts ◆ Dinner Roll ◆ Seasonal Fruit ◆ 1% Milk 	<p>7</p> <ul style="list-style-type: none"> ◆ Lemon Pepper Tilapia ◆ Rice Pilaf ◆ Zucchini & Red Peppers ◆ Seasonal Vegetables ◆ Grapes ◆ 1% Milk 
<p>10</p> <p>CLOSED FOR INDIGENOUS PEOPLES DAY</p>	<p>11</p> <ul style="list-style-type: none"> ◆ Sweet and Sour Pork ◆ Brown Rice ◆ Vegetable Blend ◆ Orange ◆ 1% Milk 	<p>12</p> <ul style="list-style-type: none"> ◆ Frito Pie ◆ Pinto Beans ◆ Spinach ◆ Applesauce ◆ 1% Milk 	<p>13</p> <ul style="list-style-type: none"> ◆ Breaded Catfish ◆ Crinkle Cut Fries ◆ Diced Tomato ◆ Collard Green ◆ Cherry Cobbler ◆ 1% Milk 	<p>14</p> <ul style="list-style-type: none"> ◆ Baked Chicken ◆ Macaroni and Cheese ◆ Green Beans ◆ Seasonal Vegetables ◆ Cantaloupe ◆ 1% Milk 
<p>17</p> <ul style="list-style-type: none"> ◆ Bratwurst w/ Onion & Peppers ◆ Diced Potatoes ◆ Stewed Tomatoes ◆ Diced Pears ◆ Hoagie Bun ◆ 1% Milk 	<p>18</p> <ul style="list-style-type: none"> ◆ Sliced Turkey w/ Gravy ◆ Sweet Potatoes ◆ Beets ◆ Dinner Roll ◆ Banana ◆ 1% Milk 	<p>19</p> <ul style="list-style-type: none"> ◆ Eggplant Parmesan ◆ Pasta w/ Marinara ◆ Carrots ◆ Broccoli ◆ Greek Yogurt w/ Peaches ◆ 1% Milk 	<p>20</p> <ul style="list-style-type: none"> ◆ Garlic Butter Tilapia ◆ Brown Rice ◆ Green Peas ◆ Cauliflower ◆ Seasonal Fruit ◆ 1% Milk 	<p>21</p> <ul style="list-style-type: none"> ◆ Green Chile Beef Stew ◆ Pinto Beans ◆ Calabacitas ◆ Cinnamon Apples ◆ Flour Tortilla ◆ 1% Milk 
<p>24</p> <ul style="list-style-type: none"> ◆ Pasta Primavera ◆ Green Beans ◆ Garlic Bread ◆ Yogurt ◆ 1% Milk 	<p>25</p> <ul style="list-style-type: none"> ◆ BBQ Baked Chicken ◆ Collard Greens ◆ Seasonal Vegetables ◆ Croissant ◆ Cranberry Sauce ◆ Mandarin Oranges ◆ 1% Milk 	<p>26</p> <ul style="list-style-type: none"> ◆ Salisbury Steak w/ Gravy ◆ Brown Rice ◆ Cauliflower ◆ Green Peas ◆ Strawberries ◆ 1% Milk 	<p>27</p> <ul style="list-style-type: none"> ◆ Garlic Butter Salmon ◆ Orzo Pasta ◆ Carrots w/ Parsley ◆ Broccoli & Cauliflower ◆ Grapes ◆ 1% Milk 	<p>28</p> <ul style="list-style-type: none"> ◆ Beef Tips w/ Gravy ◆ Pasta ◆ Corn w/ Red Peppers ◆ Brussel Sprouts ◆ Tapioca Pudding ◆ 1% Milk 
<p>31</p> <ul style="list-style-type: none"> ◆ Red Swamp Water (Posole) ◆ Witches Potion ◆ Mystery Mix ◆ Bat Wings ◆ Ghostly Pumpkin ◆ 1% Milk 	<p>Nov. 1</p> <ul style="list-style-type: none"> ◆ Cheese Burger ◆ Tater Tots ◆ Diced Tomatoes ◆ Peppers & Onions ◆ Banana ◆ Hamburger Bun ◆ 1% Milk 	<p>Nov. 2</p> <ul style="list-style-type: none"> ◆ Baked Chicken ◆ Ancient Grains ◆ Broccoli ◆ 5-Way Vegetables ◆ Diced Pears ◆ 1% Milk 	<p>Nov. 3</p> <ul style="list-style-type: none"> ◆ Sliced Ham ◆ Macaroni & Cheese ◆ Sliced Zucchini ◆ Carrots ◆ Pineapple ◆ 1% Milk 	<p>Nov. 4</p> <ul style="list-style-type: none"> ◆ Catfish ◆ Sweet Potatoes ◆ Pinto Beans ◆ Collard Greens ◆ Grapes ◆ 1% Milk 