

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
2 <ul style="list-style-type: none"> <li>◆ Chicken fajitas</li> <li>◆ Flour tortilla</li> <li>◆ Ranch beans</li> <li>◆ Hot sliced apples</li> <li>◆ 1% milk</li> </ul> 	3 <ul style="list-style-type: none"> <li>◆ Beef stroganoff w/bowtie pasta</li> <li>◆ Cauliflower w/red peppers</li> <li>◆ Breadstick</li> <li>◆ Chocolate pudding</li> <li>◆ 1% milk</li> </ul> 	4 <ul style="list-style-type: none"> <li>◆ Omelet w/fajita blend</li> <li>◆ Stewed tomatoes</li> <li>◆ Tater tots</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 	5 <ul style="list-style-type: none"> <li>◆ Minestrone soup w/ navy beans</li> <li>◆ Corn bread</li> <li>◆ Malibu blend</li> <li>◆ Mixed fruit cup</li> <li>◆ 1% milk</li> </ul> 	6 <ul style="list-style-type: none"> <li>◆ Lemon pepper tilapia</li> <li>◆ Rice pilaf</li> <li>◆ Calabacitas</li> <li>◆ Chocolate chip cookie</li> <li>◆ 1% milk</li> </ul> 
9 <p><b>CLOSED</b></p> 	10 <ul style="list-style-type: none"> <li>◆ Sweet &amp; sour pork w/ brown rice</li> <li>◆ Stir fry blend vegetables</li> <li>◆ Pineapple upside down cake</li> <li>◆ 1% milk</li> </ul> 	11 <ul style="list-style-type: none"> <li>◆ Frito pie (beef, pinto beans, chile, cheese, onions)</li> <li>◆ Fritos</li> <li>◆ Normandy blend</li> <li>◆ Peaches</li> <li>◆ 1% milk</li> </ul> 	12 <ul style="list-style-type: none"> <li>◆ Fish nugget w/tarter sauce</li> <li>◆ Crinkle cut fries</li> <li>◆ Carrots &amp; peas</li> <li>◆ Vanilla pudding</li> <li>◆ 1% milk</li> </ul> 	13 <ul style="list-style-type: none"> <li>◆ Chicken and rice soup</li> <li>◆ Cherry cobbler</li> <li>◆ Spinach</li> <li>◆ Crackers</li> <li>◆ 1% milk</li> </ul> 
16 <ul style="list-style-type: none"> <li>◆ Cottage pie: ground beef, mashed potato, peas &amp; carrots</li> <li>◆ Corn bread</li> <li>◆ Blueberry crisp</li> <li>◆ 1% milk</li> </ul> 	17 <ul style="list-style-type: none"> <li>◆ Open faced turkey sandwich w/gravy</li> <li>◆ Yams</li> <li>◆ Green beans</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 	18 <ul style="list-style-type: none"> <li>◆ Spaghetti marinara w/ squash</li> <li>◆ Breadstick</li> <li>◆ Malibu blend</li> <li>◆ Peaches</li> <li>◆ 1% milk</li> </ul> 	19 <ul style="list-style-type: none"> <li>◆ Salisbury steak w/gravy</li> <li>◆ Brown rice</li> <li>◆ Peas</li> <li>◆ Jell-O</li> <li>◆ Dinner roll w/ margarine</li> <li>◆ 1% milk</li> </ul> 	20 <ul style="list-style-type: none"> <li>◆ Green chile stew (chicken &amp; potatoes)</li> <li>◆ Flour tortilla</li> <li>◆ Pinto beans</li> <li>◆ Sliced cinnamon apples</li> <li>◆ 1% milk</li> </ul> 
23 <ul style="list-style-type: none"> <li>◆ Beef tips w/gravy over egg noodles</li> <li>◆ Brussel sprouts</li> <li>◆ Peach cobbler</li> <li>◆ 1% milk</li> </ul> 	24 <ul style="list-style-type: none"> <li>◆ Chicken pot pie w/ biscuit</li> <li>◆ Diced beets</li> <li>◆ Ancient grain</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 	25 <ul style="list-style-type: none"> <li>◆ Baked potato w/ broccoli, cheese, sour cream</li> <li>◆ Corn</li> <li>◆ Baked beans</li> <li>◆ Apple slices</li> <li>◆ 1% milk</li> </ul> 	26 <ul style="list-style-type: none"> <li>◆ Salmon w/garlic butter</li> <li>◆ Orzo pasta</li> <li>◆ Cauliflower</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 	27 <ul style="list-style-type: none"> <li>◆ Ham Mac &amp; Cheese</li> <li>◆ Cornbread</li> <li>◆ Normandy bread</li> <li>◆ Pineapple</li> <li>◆ 1% milk</li> </ul> 
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>◆ Hashbrowns</li> <li>◆ Vegetable blend</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 