


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>30</p> <ul style="list-style-type: none"> ◆ Chicken Fajitas w/ Salsa ◆ Flour Tortilla ◆ Ranch Beans ◆ Hot Sliced Apples ◆ 1% milk 	<p>1</p> <ul style="list-style-type: none"> ◆ Beef Stroganoff & Elbow Pasta ◆ Cauliflower w/ Red Peppers ◆ Bread Stick ◆ Chocolate Pudding ◆ 1% milk 	<p>2</p> <ul style="list-style-type: none"> ◆ Ham Omelet w/ Fajita Blend ◆ Stewed Tomatoes ◆ Tater Tots ◆ Orange ◆ 1% milk  	<p>3</p> <ul style="list-style-type: none"> ◆ Morning Star Veggie Chicken Nuggets w/ BBQ Sauce ◆ Corn ◆ Malibu Blend ◆ Mixed Fruit Cup ◆ 1% milk 	<p>4</p> <ul style="list-style-type: none"> ◆ Lemon Pepper Tilapia ◆ Rice Pilaf ◆ Calabacitas ◆ Chocolate Chip Cookie ◆ 1% milk 
<p>7</p> <ul style="list-style-type: none"> ◆ Cottage Pie: Ground Beef, Mashed Potatoes, Peas & Carrots ◆ Corn Bread ◆ Blueberry Crisp ◆ 1% milk 	<p>8</p> <ul style="list-style-type: none"> ◆ Teriyaki Pork w/ Brown Rice ◆ Stir Fry Blend Vegetables ◆ Pineapple Upside Down Cake ◆ 1% milk 	<p>9</p> <ul style="list-style-type: none"> ◆ Frito Pie: Beef, Pinto Beans, Red Chile, Cheese, and 6Onions ◆ Fritos ◆ Normandy Blend ◆ Peaches ◆ 1% milk 	<p>10</p> <ul style="list-style-type: none"> ◆ Linguini w/ Diced Tomato Sauce ◆ Diced Potatoes ◆ Steamed Broccoli ◆ Vanilla Pudding ◆ 1% milk 	<p>11</p> <ul style="list-style-type: none"> ◆ Chicken & Rice Soup ◆ Spinach ◆ Crackers ◆ Cherry Cobbler ◆ 1% milk 
<p>14</p> <p>INDIGENOUS PEOPLES' DAY</p> 	<p>15</p> <ul style="list-style-type: none"> ◆ Open Faced Turkey Sandwich w/ Gravy ◆ Yams ◆ Green Beans ◆ Wheat Bread ◆ Orange ◆ 1% milk 	<p>16</p> <ul style="list-style-type: none"> ◆ Salisbury Steak w/ Gravy ◆ Brown Rice ◆ Peas ◆ Jell-O ◆ Diner Roll w/ Margarine ◆ 1% milk 	<p>National Pasta Day 17</p> <ul style="list-style-type: none"> ◆ Spaghetti Marinara w/ Squash ◆ Breadstick ◆ Malibu Blend ◆ Peaches ◆ 1% milk 	<p>18</p> <ul style="list-style-type: none"> ◆ Green Chile Stew (Chicken, Corn, Carrots, Peas & Green Beans) ◆ Flour Tortilla ◆ Pinto Beans ◆ Sliced Cinnamon Apples ◆ 1% milk 
<p>21</p> <ul style="list-style-type: none"> ◆ Beef Tips over Pasta w/ Gravy Rotini Noodles ◆ Brussel Sprouts ◆ Peach Cobbler ◆ 1% milk 	<p>22</p> <ul style="list-style-type: none"> ◆ Chicken Pot Pie ◆ 5 Way Pie w/ Biscuit ◆ Diced Beets ◆ Ancient Grain ◆ Yogurt ◆ 1% milk 	<p>23</p> <ul style="list-style-type: none"> ◆ Salmon w/ Garlic Butter ◆ Rice Pilaf ◆ Cauliflower ◆ Orange ◆ 1% milk 	<p>24</p> <ul style="list-style-type: none"> ◆ Baked Potato w/ Broccoli , Cheese, Sour Cream, & Veggie Bacon ◆ Corn ◆ Baked Beans ◆ Apple Slices ◆ 1% milk 	<p>25</p> <ul style="list-style-type: none"> ◆ Green Chile Ham Mac & Cheese ◆ Cornbread ◆ Normandy Blend ◆ Pineapple ◆ 1% milk 
<p>28</p> <ul style="list-style-type: none"> ◆ Carne Adovada ◆ Spanish Rice ◆ Corn ◆ Tortilla ◆ Pear ◆ 1% milk 	<p>29</p> <ul style="list-style-type: none"> ◆ Breaded Chicken Patty w/ Green Chile & White Gravy ◆ Sweet Potato ◆ Green Beans ◆ Apple Slices w/ Peanut Butter Cup ◆ 1% milk 	<p>30</p> <ul style="list-style-type: none"> ◆ Mummy Loaf in Swamp Water (Meatloaf w/ Gravy) ◆ Mashed Potatoes ◆ Sliced Carrots ◆ Jell-O ◆ 1% milk 	<p>31</p> <ul style="list-style-type: none"> ◆ Omelet w/ Mushrooms & Spinach ◆ Hash Browns ◆ 5 Way Vegetable Blend ◆ Yogurt ◆ 1% milk  	<p>1</p> <ul style="list-style-type: none"> ◆ Pot Roast (Potatoes, Celery, Carrots) ◆ Italian Blend ◆ Ancient Blend ◆ Mandarin Oranges ◆ 1% milk 