

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.



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>Aug 29</p> <ul style="list-style-type: none"> ◆ Sliced Ham ◆ Corn Bread ◆ Pinto Beans ◆ Collard Greens ◆ Peaches ◆ 1% Milk 	<p>Aug 30</p> <ul style="list-style-type: none"> ◆ Beef & Vegetable Stir Fry ◆ Buttered Noodles ◆ Fresh Seasonal Fruit ◆ Green Beans w/ Mushrooms ◆ 1% Milk 	<p>Aug 31</p> <ul style="list-style-type: none"> ◆ Fish & Chips ◆ Stewed Tomatoes ◆ Warm Sliced Apples ◆ Whole Grain Roll ◆ 1% Milk 	<p>Sept. 1</p> <ul style="list-style-type: none"> ◆ Chicken Alfredo ◆ Steamed Broccoli ◆ Seasonal Vegetable ◆ Fresh Strawberries ◆ 1% Milk 	<p>Sept. 2</p> <ul style="list-style-type: none"> ◆ Green Chile Cheeseburger ◆ Tater Tots ◆ Sliced Tomatoes ◆ Watermelon ◆ 1% Milk 
<p>5</p> <p>CLOSED FOR LABOR DAY HOLIDAY</p>	<p>6</p> <ul style="list-style-type: none"> ◆ Cod Fish ◆ Brown Rice ◆ Rosemary Potatoes ◆ Brussels Sprouts ◆ Chocolate Pudding ◆ 1% Milk 	<p>7</p> <ul style="list-style-type: none"> ◆ Beef Tips in Gravy ◆ Whole Grain Pasta ◆ Steamed Broccoli ◆ Roasted Carrots ◆ Pineapple ◆ 1% Milk 	<p>8</p> <ul style="list-style-type: none"> ◆ Baked Ziti w/ Veggies ◆ Cauliflower ◆ Breadstick ◆ Fresh Berries ◆ Greek Yogurt ◆ 1% Milk 	<p>9</p> <ul style="list-style-type: none"> ◆ BBQ Pulled Pork ◆ Ranch Beans ◆ Spinach w/ Onions ◆ Whole Grain Dinner Roll ◆ Peaches ◆ 1% Milk 
<p>12</p> <ul style="list-style-type: none"> ◆ Teriyaki Chicken Stir Fry w/ Veggies ◆ Green Beans w/ Mushrooms ◆ Brown Rice ◆ Mandarin Orange ◆ Fortune Cookie ◆ 1% Milk 	<p>13</p> <ul style="list-style-type: none"> ◆ Pollock Fish ◆ Parsley Potatoes ◆ Green Peas ◆ Cornbread ◆ Fresh Red Grapes ◆ 1% Milk 	<p>14</p> <ul style="list-style-type: none"> ◆ Pork Carnitas ◆ Pinto Beans ◆ Calabacitas ◆ Flour Tortilla ◆ Fresh Banana ◆ 1% Milk 	<p>15</p> <ul style="list-style-type: none"> ◆ Roast Beef w/ Gravy ◆ Roasted Carrots ◆ Mashed Potatoes ◆ Whole Grain Dinner Roll ◆ Seasonal Fresh Fruit ◆ 1% Milk 	<p>16</p> <ul style="list-style-type: none"> ◆ Pasta Primavera w/ Veggies ◆ Spinach ◆ Garlic Breadstick ◆ Cantaloupe ◆ Greek Yogurt ◆ 1% Milk 
<p>19</p> <ul style="list-style-type: none"> ◆ Meatloaf w Gravy ◆ Mashed Potatoes ◆ Sliced Carrots ◆ Whole Grain Dinner Roll ◆ Mandarin Oranges ◆ 1% Milk 	<p>20</p> <ul style="list-style-type: none"> ◆ Rotisserie Chicken ◆ Brown Rice ◆ Roasted Beets ◆ Green Beans w/ Mushrooms ◆ Peaches ◆ 1% Milk 	<p>21</p> <ul style="list-style-type: none"> ◆ Beef Chili Bowl ◆ Succotash ◆ Cornbread ◆ Red or Green Grapes ◆ 1% Milk 	<p>22</p> <ul style="list-style-type: none"> ◆ Southwest Omelet ◆ Stewed Tomatoes ◆ Hash Browns ◆ Flour Tortilla ◆ Fresh Banana ◆ 1% Milk  	<p>23</p> <ul style="list-style-type: none"> ◆ Herbed Pork Loin ◆ Ancient Grain Blend ◆ Cauliflower ◆ Sautéed Zucchini ◆ Applesauce ◆ 1% Milk 
<p>26</p> <ul style="list-style-type: none"> ◆ Baked Chicken and Cheesy Rice ◆ Corn & Red Peppers ◆ Broccoli ◆ Yogurt ◆ 1% Milk 	<p>27</p> <ul style="list-style-type: none"> ◆ Salmon w/ Lemon Butter Sauce ◆ Rosemary Potatoes ◆ Seasonal Vegetables ◆ Whole Grain Roll ◆ Seasonal Fruit ◆ 1% Milk 	<p>28</p> <ul style="list-style-type: none"> ◆ Sweet & Sour Pork w/ Stir Fry Veggies ◆ Cabbage ◆ Warm Apples ◆ Whole Grain Roll ◆ 1% Milk 	<p>29</p> <ul style="list-style-type: none"> ◆ Beef Enchiladas ◆ Pinto Beans ◆ Calabacitas ◆ Cherry Cobbler ◆ 1% Milk 	<p>30</p> <ul style="list-style-type: none"> ◆ Turkey Tetrazzini ◆ Italian Vegetables ◆ Bread Stick ◆ Sugar Cookie ◆ 1% Milk 