











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>
28 ♦ Sliced ham w/ cornbread ♦ Pinto beans ♦ Collard greens ♦ Pineapple ♦ 1% milk 	29 ♦ Beef and vegetable stir fry ♦ Buttered noodles ♦ Green beans w/ mushrooms ♦ Fresh seasonal fruit ♦ 1% milk 	30 ♦ Fish and chips ♦ Stewed tomatoes ♦ Warm sliced apples ♦ Whole grain dinner roll ♦ 1% milk 	31 ♦ Chicken w/ ziti pasta ♦ Steamed broccoli ♦ Carrots and zucchini ♦ Fresh strawberries ♦ 1% milk 	1 ♦ Green chile cheeseburger ♦ Tater tots ♦ Sliced tomatoes ♦ Whole grain bun ♦ Watermelon ♦ 1% milk 
4 Closed 	5 ♦ Cod Fish over brown rice w/ tartar sauce ♦ Roasted bell peppers ♦ Brussel sprouts ♦ Chocolate pudding ♦ 1% milk 	6 ♦ Beef tips in brown gravy over bow tie pasta ♦ Steamed broccoli ♦ Roasted carrots ♦ Pineapple ♦ 1% milk 	7 ♦ Baked ziti blended vegetables ♦ Cauliflower ♦ Garlic breadstick ♦ Fresh blueberries or seasonal fruit ♦ 1% milk 	8 ♦ BBQ pulled pork ♦ Ranch style beans ♦ Spinach w/ pearl onions ♦ Whole grain dinner roll w/ margarine ♦ Peaches ♦ 1% milk 
11 ♦ Teriyaki chicken brown rice ♦ Green beans w/ mushrooms ♦ Stir fry vegetables ♦ Fortune cookie ♦ 1% milk 	12 ♦ Pollock fish w/ tartar sauce ♦ Parsley potatoes ♦ Green peas ♦ Banana ♦ Cornbread ♦ 1% milk 	13 ♦ Pork Carnitas ♦ Pinto beans ♦ Calabacitas ♦ Flour tortilla ♦ Grapes ♦ 1% milk 	14 ♦ Roast beef w/ brown gravy ♦ Sliced carrots ♦ Mashed potatoes ♦ Whole grain dinner roll w/ margarine ♦ Fresh plum or seasonal fruit ♦ 1% milk 	15 ♦ Pasta primavera w/ parmesan ♦ Spinach ♦ Garlic breadstick ♦ Cantaloupe ♦ Greek yogurt ♦ 1% milk 
18 ♦ Southwest omelet ♦ Stewed Tomatoes ♦ Hash browns ♦ Flour tortilla ♦ Peaches ♦ 1% milk 	19 ♦ Rotisserie chicken over brown rice ♦ Sliced beets ♦ Green beans w/ mushrooms ♦ Banana ♦ 1% milk 	20 ♦ Chili bowl: beef, beans, red chile ♦ Succotash ♦ Cornbread ♦ Fresh grapes ♦ 1% milk 	21 ♦ Meatloaf w/ gravy ♦ Mashed potatoes ♦ Sliced carrots ♦ Whole grain dinner roll w/ margarine ♦ Mandarin Oranges ♦ 1% milk 	22 ♦ Herb pork loin w/ gravy over ancient grain blend ♦ Cauliflower ♦ Sauteed zucchini ♦ Applesauce ♦ 1% milk 
25 ♦ Baked chicken and cheesy brown rice ♦ Corn & red peppers ♦ Broccoli ♦ Yogurt ♦ 1% milk 	26 ♦ Salmon w/ lemon butter ♦ Roasted rosemary potatoes ♦ Seasonal vegetable ♦ Whole grain dinner roll w/ margarine ♦ 1% milk 	27 ♦ Sweet & sour pork w/ stir fry vegetables ♦ Steamed cabbage ♦ Warm sliced apples ♦ Whole grain dinner roll ♦ 1% milk 	28 ♦ Beef enchiladas ♦ Pinto beans ♦ Calabacitas ♦ Sugar cookie ♦ 1% milk 	29 ♦ Turkey tetrazzini: turkey, spaghetti, green peas ♦ Italian vegetable blend ♦ Breadstick ♦ Cherry cobbler ♦ 1% milk 