

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 |
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| <p>2</p>  | <p>3</p> <ul style="list-style-type: none"> ◆ Cod Fish over Brown Rice w/ Tarter Sauce ◆ Rosemary Potatoes ◆ Brussel Sprouts ◆ Chocolate Pudding ◆ 1% milk  | <p>4</p> <ul style="list-style-type: none"> ◆ Beef Tips in Brown Gravy over Bowtie Pasta ◆ Steamed Broccoli ◆ Roasted Carrots ◆ Pineapple ◆ 1% milk  | <p>5</p> <ul style="list-style-type: none"> ◆ Vegetable Posole w/ Corn, Beans, Peppers, & Green Chile ◆ Cauliflower ◆ Cornbread ◆ Grapes ◆ 1% milk  | <p>6</p> <ul style="list-style-type: none"> ◆ BBQ Pulled Pork ◆ Ranch Beans ◆ Spinach w/ Onions ◆ Whole Grain Dinner Roll w/ Margarine ◆ Peach Cups ◆ 1% milk  |
| <p>9</p> <ul style="list-style-type: none"> ◆ Teriyaki Chicken w/ Stir Fry Vegetables & Soy Sauce ◆ Green Beans w/ Mushrooms ◆ Brown Rice ◆ Mandarin Oranges ◆ Fortune Cookie ◆ 1% milk  | <p>10</p> <ul style="list-style-type: none"> ◆ Lemon Pepper Salmon ◆ Parsley Potatoes ◆ Green Peas ◆ Banana ◆ Cornbread ◆ 1% milk  | <p>11</p> <ul style="list-style-type: none"> ◆ Pork Carnitas ◆ Pinto Beans ◆ Calabacitas ◆ Flour Tortilla ◆ Grapes ◆ 1% milk  | <p>12</p> <ul style="list-style-type: none"> ◆ Pasta Primavera w/ Broccoli & Diced Tomatoes/Parmesan ◆ Spinach ◆ Garlic Breadstick ◆ Blueberries ◆ Greek Yogurt ◆ 1% milk  | <p>13</p> <ul style="list-style-type: none"> ◆ Roast Beef w/ Brown Gravy ◆ Sliced Carrots ◆ Mashed Potatoes ◆ Whole Grain Dinner Roll w/ Margarine ◆ Applesauce ◆ 1% milk  |
| <p>16</p> <ul style="list-style-type: none"> ◆ Meatloaf w/ Gravy ◆ Mashed Potatoes ◆ Sliced Carrots ◆ Whole Grain Dinner Roll w/ Margarine ◆ Mandarin Oranges ◆ 1% milk  | <p>17</p> <ul style="list-style-type: none"> ◆ Rotisserie Chicken over Brown Rice ◆ Sliced Beets ◆ Green Beans w/ Mushrooms ◆ Banana ◆ 1% milk  | <p>18</p> <ul style="list-style-type: none"> ◆ Chili Bowl: Beef, Beans & Red Chile ◆ Succotash ◆ Cornbread ◆ Fresh Grapes ◆ 1% milk  | <p>19</p> <ul style="list-style-type: none"> ◆ Southwest Omelet: Egg, Cheese, Red & Green Peppers, Onion w/Green Chile ◆ Stewed tomatoes ◆ Hash Browns ◆ Flower Tortilla ◆ Peaches ◆ 1% milk  | <p>20</p> <ul style="list-style-type: none"> ◆ Herb Pork Loin w/Gravy over Ancient Grain Blend ◆ Cauliflower ◆ Sautéed Zucchini ◆ Applesauce ◆ 1% milk  |
| <p>23</p> <ul style="list-style-type: none"> ◆ Baked Chicken & Rice Pilaf ◆ Corn & Red Peppers ◆ Broccoli ◆ Yogurt ◆ 1% milk  | <p>24</p> <ul style="list-style-type: none"> ◆ Salmon w/ Lemon Butter Sauce ◆ Roasted Rosemary Potatoes ◆ Italian Vegetable Blend ◆ Whole Grain Dinner Roll w/ Margarine ◆ Pear Cups ◆ 1% milk  | <p>25</p> <ul style="list-style-type: none"> ◆ Sweet & Sour Pork w/ Stir Fry Vegetables ◆ Steamed Cabbage ◆ Warm Sliced Apples ◆ Whole Grain Dinner Roll w/ Margarine ◆ 1% milk  | <p>26</p> <ul style="list-style-type: none"> ◆ Enchiladas: Cheese, Green Chile, & Corn Tortillas ◆ Pinto Beans ◆ Calabacitas ◆ Sugar Cookie ◆ 1% milk  | <p>27</p> <ul style="list-style-type: none"> ◆ Turkey Tetrazzini: Turkey, Spaghetti, & Green Peas ◆ Italian Vegetable Blend ◆ Breadstick ◆ Cherry Cobbler ◆ 1% milk  |