

SENIOR MENU: FEBRUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
JAN 30	JAN 31	1 Beef Ravioli w/Marinaria Sauce, California Vegetables, Spinach Salad, Garlic Bread, Strawberries in pudding	2 Grilled Chicken Breast over Garlic Noodles, Green Beans, Tossed Salad w/Dressing, Biscuit w/Butter, Banana	3 Salisbury Steak, Mashed Potatoes w/Mushroom Gravy, Spinach & Onions, Roll w/Butter, Pears
6 BBQ Pork Patty, Baked Beans, Spinach, Cucumber & Tomato Salad, Cornbread, Roll w/Butter, Grapes	7 Pork Chop, Rice Pilaf, California Vegetables, Roll w/Butter, Peaches in Cottage Cheese	8 Red Beef Enchiladas, Black Beans, Green Beans, Tossed Salad w/ Dressing, Tortilla, Orange	9 Breaded Chicken Sandwich, Lettuce/ Tomato, Coleslaw, Celery & Carrot Sticks, Potato Chips, Fresh Pear	10 Chicken Fajita, Onions & Peppers, Refried Beans, Squash and Corn, Apple Turnover
13 Ham and Cheese Sandwich, Lettuce & Tomato, Tater Tots, Green Beans, Pineapple	14 Roast Turkey w/Gravy, Bread Stuffing, Asparagus, Tossed Salad w/Dressing, Roll w/Butter, Tapioca Pudding	15 Pork Carne Adovada Burrito, Lettuce & Tomato, Refried Beans, Chuckwagon Veggies, Peaches	16 Chicken Alfredo, Broccoli & Cauliflower, Garlic Bread, Apricots	17 BBQ Beef Brisket, Pork & Beans, Carrots, Coleslaw, Cornbread w/ Butter, Oatmeal Cookie
20 Beef Tips over Noodles, Vegetable Medley, Roll w/ Butter, Vanilla Ice Cream	21 Pork Posole w/Red Chile, Calabacitas, Tortilla, Cherry Cobbler	22 Ash Wednesday — Fish Sandwich w/ Tarter Sauce, Cucumber & Tomato Salad, Mixed Vegetables, Hushpuppy, Apple	23 Baked Cheese Ziti w/Meaty Marinara Sauce, Italian Vegetables, Garlic Bread, Bananas w/Pudding	24 Egg Salad Croissant Sandwich, Three Bean Salad, Pickle, Strawberry Shortcake
27 Chicken Tempura w/Orange Sauce, Rice, Asian Vegetables, Fortune Cookie, Mandarin Oranges	28 Tuna Casserole, Peas and Carrots, Spinach Salad, Crackers, Tropical Fruit	MAR 1	MAR 2	MAR 3

Taos County Senior Program 575-737-8927 • PLEASE NOTE THAT MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

Senior Center lunch hours are from 11 am to 1 pm.
Grab and Go Lunches are available from 11 am to noon.

Questa Del Rio News

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