

SENIOR MENU: MARCH 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | 1 BBQ Chicken , Parsley Potatoes, Zucchini , Wheat Roll , Peach Cobbler | 2 Sweet and Sour Pork , Rice, Carrots, Wheat Roll , Mandarin Oranges | 4 Macaroni & Cheese, Santa Fre Blend Vegetables , Spinach Salad, Wheat Roll, Whipped Lime Jello /Pineapple |
| 6 Beef Stroganoff over Noodles, Green Beans, Wheat Roll, Tropical Fruit | 7 Ham and Scalloped Potatoes, Chuckwagon Corn, Tossed Salad, Wheat Roll, Apricots | 8 Pork Loin Chop w/Gravy, Sweet Potatoes, Broccoli , Wheat Roll, White cake w/Strawberries | 9 Hot Beef Open Sandwich, Mashed Potatoes w/Gravy, Capri Vegetables, Tapioca Pudding | 10 Green Chile Sour Cream Enchiladas, Tossed Salad, Pinto Beans, Crackers, Chocolate Chip Cookie |
| 13 Pork Posole, Micicali Blend Vegetable, Tossed Salad w/ Dressing, Crackers, Orange Jello w/Fruit | 14 Baked Chicken, Rice Pilaf, Winter Blend Vegetables, Tossed Salad, Wheat Roll, Chocolate Pudding | 15 Green Chile Cheese Burger, Lettuce/Tomato/Pickle/Onion, Potato Wedges, Tropical Fruit | 16 Chicken & Stuffing w/Gravy, Mixed Greens, Wheat Roll, Fruit Cocktail | 17 Macaroni in Tomato Sauce Casserole, Mixed Vegetables, Wheat Roll, Strawberry/Banana Compote |
| 20 Hamburger Steak w/Gravy Brown Rice, Peas and Carrots, Wheat Roll, Peaches in Cottage Cheese | 21 Pork Chop w/Gravy, Mashed Potatoes, Spinach, Wheat Roll, Banana Pudding | 22 Chicken Fajitas, Fajita Blend Vegetables, Pinto Beans, Crackers, Peanut Butter Cookie | 23 Meatloaf, Mashed Potatoes w/ Gravy, Peas and Onions, Wheat Roll, Fruit | 24 Spinach Lasagna, Corn, Salad, Garlic Bread, Jello w/Fruit |
| 27 Country Fried Steak, Mashed Potatoes w/Gravy, Broccoli, Wheat Roll, Orange/Pineapple Salad | 28 Orange Chicken, Rice, Spinach Salad, Wheat Roll, Cherry Cobbler | 29 Chili Dog, Mixed Vegetables, Potato Wedges, Whipped Berries | 30 BBQ Sandwich, Potato Salad, Cucumber/Onion/Tomato Salad, Fruit | 31 Tater Tot Casserole, California Vegetables, Wheat Roll, Pears, Oatmeal Rasin Cookie |

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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