

SENIOR MENU: APRIL 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef Macaroni, Tossed salad w/ Light Italian Dressing, Stewed Tomatoes, Mandarin Oranges	4 BBQ Brisket Sandwich w/ BBQ Sauce, Coleslaw, Okra, Fruit Salad	5 Chef Salad w/ Light Ranch Dressing, Whole Wheat Crackers, Pears	6 Fish and Chips, French Fries, Pasta Salad w/ Mixed Vegetables, Apples in Crisp	7 Catfish Capri Vegetables Buttered New Potatoes Whole Wheat Roll 1/2c Apricots
10 Sausage Lasagna Italian Vegetables Breadstick, Gelatin w/ Fruit Cocktail	11 Chicken and Dumpling Peas and Carrots, Tossed salad w/ Light Italian Dressing Tapioca pudding	12 Grilled Boneless Pork Chops w/ Gravy, Rice Pilaf, Broccoli Normandy Whole Wheat Roll, Plums 1c Plums	13 Chicken Fried Steak w/ Gravy, Mashed Potatoes Sautéed Green Beans with Radishes, Whole Wheat Crackers, Mixed Fruit 1c Mixed Fruit	14 Green Chile Chicken Enchiladas, Pinto Beans w/ Red bell Pepper, Salsa, Carrots, Rice Pudding
17 Chicken Drumstick, Au Gratin Potatoes, Broccoli and Cauliflower, Whole Wheat Roll Blueberry in Crisp	18 Beef Tips, Brown Rice, Roasted Brussels Sprouts, Tossed salad w/ Light Italian Dressing, Whole Wheat Roll, Tropical Fruit 1c Tropical Fruit	19 Hot Turkey Sandwich, Stuffing, Cranberry Sauce, Mixed Vegetables, Peaches	20 Cheeseburger, 3 Bean Salad, Wedge Potatoes Watermelon	21 Beef Burrito, Calabacitas, Spanish Rice, Chocolate Pudding
24 Chicken chili cheese soup Tossed salad w/ Light Italian Dressing, Fruit Compote Whole Wheat Crackers	25 Spaghetti w/Beef meat sauce, Bread Stick, 5-Way Mixed vegetables, Tossed salad w/ Light Italian Dressing, Orange Orange	26 Pork Tamales, Cilantro Lime Brown Rice, Pinto Beans, Zucchini and tomatoes, Lemon Pudding	27 Salisbury Steak, Mashed Potatoes, Brown Gravy, Beets Whole Wheat Roll, Cherries in Cobbler	28 Frito Pie, Pinto Beans Tossed salad w/ Light Italian Dressing, Angel food Cake w/ Strawberries & Whipped Topping

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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