

SENIOR MENU: JUNE 2023

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Tossed Salad, Italian Dressing, Pork Chop, Brown Rice w/ Mushrooms, California Blend Veggies, Wheat Roll, Applesauce	2 Mrs. Dash Baked Cod, baked French Fries, Spinach, Coleslaw, Wheat Roll, Peaches
5 Chicken Alfredo, Peas & carrots, Garlic Bread, Pears	6 2023 Tossed Salad, Tamale , Lettuce & Tomato, Pinto Beans, Diced mango	7 Tossed Salad Italian Dressing, Beef Macaroni Stewed Tomatoes, Grapes	8 Salisbury Steak, Mashed Potatoes, Brown Gravy, Brussel Sprouts, Wheat Roll Oatmeal Cookie	9 Fish Sticks w/ Tartar Sauce, Potato Wedges, Three bean salad, Wheat Roll, Chocolate pudding Strawberries
12 Chile Relleno, Pinto Beans, Calabacitas, Lettuce & Tomato, Spanish Rice, Mixed Fruit	13 Baked Chicken Tenders, Mashed Potatoes, Country Gravy, okra w/ tomatoes and onions, Wheat Roll	14 Meat Lasagna, Garden Salad, Italian blend Vegetables, Wheat roll, Banana	15 Pork Posole w/Red Chile, Spinach, flour Tortilla, Orange	16 Hamburger, Herb Roasted Potatoes, Tomato and cucumber salad, Fruit Cocktail
19 Closed	20 Pulled Pork Sandwich, Corn Cob, Macaroni Salad w/ Veggies Plums	21 Herb Chicken Breast, Gravy, Rice Pilaf, Broccoli & cauliflower, Wheat Roll, Sliced Peaches	22 Sloppy Joe Sandwich, Parsley Potatoes, Fruit Cocktail Lemon, Pudding	23 Red Chile Meat Enchiladas, Pinto Beans, Cilantro, Lime, Brown Rice, Capri Vegetables, Watermelon
26 Country Fried Steak, Mashed Potatoes, Brown Gravy, Broccoli spears, Wheat Roll, Tropical Fruit Salad	27 Chicken Teriyaki, Brown Rice, Stir Fry Vegetables, Mandarin Oranges	28 Grilled Cheese, Vegetable Soup, Tossed Salad, Garbanzo Beans	29 Spaghetti, Vegetable Medley, Garden Salad, Garlic Toast, Pineapple	30 Chile Cheese Dog, Broccoli Salad, Carrot and Raisins Cinnamon Apples

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

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