

SENIOR MENU: JULY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef & Papas, Pinto Beans, Roasted Cauliflower w/ red bell peppers Tortilla, Salsa, Banana	4 Closed	5 Hamburger Macaroni, Stewed Tomatoes, Seasoned Spinach w/Onions, Sliced Pears	6 Tamale, Pinto Beans, Spanish Slaw, Orange	7 Tuna Salad Sandwich, Lettuce and Tomato, Veggie Blend, Sun Chips, Peanut butter Cookie
10 Sweet & Sour Chicken Steamed Brown Rice Stir Fry Vegetables, WW Bread, Cherry Crumble	11 Beef Tacos, Lettuce and tomato, Salsa, Spanish Rice Black beans w/ green and red bell peppers, Capri Vegetables, Gelatin	12 Chile Cheese Dog, Peppers/ Onions, Green Beans, Mixed Fruit	13 Sausage and Mushroom Ragu, Italian Blend Vegetable Garlic Roll, Peaches	14 Frito Pie, Lettuce and Tomato, Cucumber Salad, Carrots, Watermelon
17 Tossed Salad, Light Italian Dressing, Beef Stroganoff Chateau Vegetables, Apples in Cobbler	18 BBQ Chicken, Veggie Medley Baked potato w/ Sour Cream & chives, Honeydew, oatmeal cookie	19 Polish Sausage, On a hot dog Bun, Sauerkraut, Peppers & Onions, French fries, Cucumber and tomato salad, Tropical fruit salad	20 Ham & Beans, Tossed Salad w/ Light Italian Dressing Crackers, Strawberries/ Bananas Whipped topping	21 Chicken & Vegetables Beet and Onion Salad, Steamed Brown Rice, mandarin oranges in Gelatin w/ Whipped topping
24 Beef Stew, Tossed Salad w/ Light Italian Dressing, Crackers, Fruit Salad	25 Braised Pork chops Red Cabbage w/ Red onions Roasted Potatoes, Biscuit /w Margarine, Honey, Banana	26 Pasta w/ Meat sauce, Blend Vegetables, WW Bread w/ Margarine. Fruit Cocktail	27 Tossed Salad w/ Dressing, Baked chicken, Gravy, Rice Pilaf, Country Vegetables wheat bread, Chocolate pudding	28 Cheeseburger, Saute Onions, Lettuce & Tomato Potato Salad, Roasted Brussel Sprouts, Oatmeal Raisin Cookie
31 Tossed Salad w/ light Dressing, Chicken Alfredo, California blend Vegetables, Wheat roll, Pudding				All Meals Served With 8oz. 2% Milk as available

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



This Senior Lunch menu applies to all Senior Centers in Taos County. Meals are cooked fresh at each location. Lunch donations recommendations are \$1.50 and up. Lunches for people under 60 years old are \$7.50 a person. To qualify call the Ancianos at 575-586-0508. They will fill out an assessment and file an application. Currently, exercise classes are not available. Donations for transportation is encouraged.

Questa del Rio News

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