

SENIOR MENU: AUGUST 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Fettuccine Cauliflower & Broccoli Wheat Roll Apple Slices	2 Turkey Wrap Pasta Salad Tropical Fruit Greek Nonfat Vanilla Yogurt	3 Red Chile Beef Enchiladas Pinto Beans Corn Salsa Tossed Salad Fresh Orange	4 Chicken Fried Chicken Chicken Gravy Mashed Potatoes Asparagus Cornbread Plums
7 Baked Tilapia Scalloped Potatoes Roasted Brussel Sprouts Wheat Roll Banana	8 Cheese Tortellini Meaty Marinara Sauce Italian Veggies, Cucumber Tomato Salad, Wheat Roll Cantaloupe and Grapes	9 Beef Tips W/ Egg Noodles, Mushrooms, Peas, Spinach Salad Wheat Roll Peaches	10 Pepper Steak Brown Rice Fried Vegetables Pineapple	11 Cobb Salad Crackers Fruit Salad
14 2 oz. Polish Sausage Parsley Potatoes Carrots Wheat Roll, Pears Greek Yogurt	15 Beef Burrito Supreme Spanish Rice Calabacitas Diced Mango	16 Chicken & Rice Casserole Broccoli Spears w/ Red Bell Pepper, Tossed Salad Wheat Roll Baked Apple Slices	17 Turkey Roast, Yams Vegetable Medley, Wheat Bread, Angel Food Cake, with Cherries, Whipped Topping	18 Baked Chicken, Mushroom Sauce Rice Pilaf, Green Beans & Corn, Wheat Roll Strawberries
21 Fish Sandwich California Veggies Coleslaw Sorbet/ Berries	22 Roast Beef Brown Gravy Baked Sweet Potato Green Beans, Wheat Roll Watermelon	23 Teriyaki Chicken, Brown Rice Stir Fry Veggies Fortune Cookie Wheat Roll Mandarin Oranges	24 Lean Beef Fajita Refried Beans Salsa Roasted Zucchini Mixed Fruit	25 Tuna Salad Beets Peas Banana
28 Chile Relleno Meaty Green Chile Sauce Black Beans Cilantro Lime Slaw Flour Tortilla, Apricots	29 Chicken Strips Country Gravy Okra, French Fries Spinach Salad Fruit Cocktail	30 Red Chile Cheese Dog Three-Bean salad Roasted Cauliflower Orange Greek Nonfat Vanilla Yogurt	31 Sweet & Sour Pork Brown Rice, Asian Veggies Wheat Breast Pineapple and Mandarin Oranges	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

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