

# SENIOR MENU: SEPTEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
All Meals Served With 8oz. 2% Milk as available				<b>1</b> Pork Chops Rice Pilaf w/ Mushrooms creamed spinach Tossed salad Cornbread Banana
<b>4</b> <b>Closed Labor Day</b>	<b>5</b> Frito Pie Lettuce Tomato, Pinto Beans Onions, Roasted Zucchini Diced Mango	<b>6</b> Spinach Lasagna Italian veggies Bread stick Peaches Vanilla yogurt	<b>7</b> BBQ Chicken breast Potato Salad Stewed Okra with tomatoes and onions, Wheat Roll Cantaloupe	<b>8</b> Beer Battered Cod cucumber/dill sauce Succotash, Broccoli Salad Wheat Roll Gelatin w/ Fruit Cocktail
<b>11</b> 3oz Chicken Fried Steak 1/2c Mashed Potatoes 1oz LS Pepper Gravy 1/2c asparagus Wheat roll, 1c Watermelon	<b>12</b> Green Chile Chicken Enchiladas Lettuce and tomato Pinto beans, Calabacitas Spanish rice Chocolate pudding	<b>13</b> Quinoa and Chickpea Taco Bowl Pico de Gallo Chocolate chip cookie Vanilla yogurt	<b>14</b> Chicken Teriyaki Brown Rice Stir Fry Veggies, Mandarin Oranges	<b>15</b> Green Chile Cheeseburger Tomato, Onion Potato chips Capri Vegetables Pineapple
<b>18</b> Chicken Tenders Roasted Sweet Potatoes Pepper Gravy Cucumber Salad Wheat roll, Fresh Pear	<b>19</b> Salisbury steak w/ brown gravy Brown Rice w/ Mushrooms Garden Salad green beans, Strawberries	<b>20</b> Baked Potato Bar Margarine, Sour cream, Chives, Cheese Salsa Broccoli Garden Salad, Wheat Roll Peaches, Vanilla Yogurt	<b>21</b> Garden Salad Chicken Fettucine Alfredo Italian Blend Vegetables Breadstick Apple Slices	<b>22</b> Fish and Chips French Fries Brussel Sprouts Coleslaw, Cornbread Fruit Salad
<b>25</b> Spaghetti w/ meat Sauce Garlic Bread Italian blend vegetables Garden Salad Spiced Peaches	<b>26</b> Baked Ham, Sweet potatoes, apples, Broccoli Normandy wheat bread Tropical Fruit Salad w/Pecans	<b>27</b> Baked Eggplant Parmesan Marinara Sauce Mozzarella cheese Pasta Salad, wheat bread vanilla yogurt, Honeydew	<b>28</b> Catfish, Tartar Sauce Black Beans and Red Pepper Cilantro Lime Slaw Cornbread	<b>29</b> RC Pork Posole flour tortilla Yellow Squash Garden Salad Banana

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

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