

Questa Del Rio News

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SENIOR MENU: MARCH 2024

Monday	Tuesday	Wednesday	Thursday	Friday
All Meals Served With 8oz. 2% Milk as available	Taos County Senior Program (575) 737-8927 PLEASE NOTE THAT THE MENU IS SUBJECT TO CHANGE WITHOUT NOTICE			1 Pasta Primavera, Spinach Salad w/ Lite Raspberry Vinaigrette, Crackers, Light Vanilla Nonfat yogurt
4 Beef Stroganoff w/ Noodles, Mushrooms, Green Beans, Wheat roll, Tropical Fruit	5 Ham and Scalloped Potatoes, Roasted Cauliflower, Tossed Salad w/ Light Dressing, Garbanzo Beans, Wheat roll, Apricots	6 Pork Loin Chop w/ Gravy, Sweet Potatoes, Broccoli, Wheat Roll, White Cake w/ Strawberries	7 Hot Beef Open Sandwich, Mashed Potatoes w/Gravy, Capri Vegetables, Tapioca Pudding	8 2-Black bean Green Chile Sour Cream Enchiladas, Tossed Salad w/ Light Dressing, crackers, Chocolate Chip Cookie, Diced Mango
11 Pork Posole, Tossed Salad w/ Light Dressing, Crackers, Orange Gelatin, Fruit Cocktail	12 Baked Chicken, Rice Pilaf Winter Blend Vegetables, Tossed Salad w/ Light Dressing, Wheat Roll	13 Green chili Cheeseburger, Potato Wedges, California Blend Vegetables, Pears	14 Chicken, Stuffing, Gravy, Roasted Brussel Sprouts, Mixed Green w/ Light Dressing, Wheat Roll, Mixed Fruit	15 Macaroni, Marinara Sauce, Mozzarella Cheese, Tossed Salad w/ Garbanzo Beans, Wheat Roll, Strawberry / Banana Compote
18 Hamburger Steak w/ Gravy, Brown Rice, Peas and Carrots, Wheat Roll, Fruit Salad	19 Pork Chop w/ Gravy, Mashed Potatoes, spinach, Wheat Roll, Bananas in Vanilla Pudding	20 Chicken Fajitas, Pinto Beans, Crackers, Peanut Butter Cookie	21 Meatloaf, Mashed Potatoes w/ Gravy, Peas and Onions, Wheat Roll, Orange	22 Spinach Lasagna, Black Beans, Tossed Salad w/ Light Dressing, Garlic Bread, Gelatin w/ Plums
25 Country Fried Steak, Mashed Potatoes w/ Country Gravy, Broccoli Salad, Wheat roll w/ margarine, spiced peaches	26 Orange Chicken, Brown Rice, Asian Vegetables, Tossed Salad w/ 2Ranch Dressing, Fresh Pear	27 Chili Dog, Potato Wedges, Italian Blend Vegetables, Berries w/ Whipped Topping	28 BBQ Pork Sandwich, Pasta salad, Cucumber & tomatoes, mixed fruit	29 CLOSED