

Questa Del Rio News

QUESTA • RED RIVER • CERRO • COSTILLA • AMALIA • LAMA • SAN CRISTOBAL

QUESTANEWS.COM

SENIOR MENU: MAY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Shredded Chicken & Bean Burrito, Calabacitas, Diced Mango & Cantaloupe	2 Sloppy Joes, Potato Wedges, Diced Tomato, jalapeños, Broccoli, Banana	3 Tuna Salad Sandwich, Cucumber & Onion Sala, Roasted Brussel sprouts, Fruit Salad
6 Beef Goulash, Italian Vegetables, Gelatin w/ Diced pears	7 Chicken Wrap, 3 bean salad, baby carrots, Sun Chips	8 Red Chile Beef Enchiladas, Spanish Rice, Pinto Beans, Zucchini, Orange	9 Chicken Fried Chicken Steak, Mashed Potato/ Gravy, green beans, Wheat roll, Mixed Fruit	10 Ham & Beans, Green, Red Peppers & Onion, tossed salad w/ Italian Dressing, Cornbread, Strawberry Yogurt
13 Green Chile Beef Stew, Tossed Salad Wheat roll, Mandarin oranges	14 Beach Dog, pasta salad, Broccoli Salad, Pinto beans, slice pineapple upside down cake	15 Salisbury Steak, Brown Rice w/ Gravy, Wheat roll, Capri Vegetables, Fruit Cocktail, SF Gelatin	16 Chicken Fajita, Spanish Rice, Spinach, Warm Apple Slices, Light Nonfat Vanilla yogurt	17 Chef Salad w/Dressing, Crackers, Fruit Salad
20 Baked Fish Sandwich, Roasted Herbed Potatoes, Winter Blend Vegetables, Plums	21 Tamale w/ Red Chile, Pinto Beans, Chateau blend vegetables, Cantaloupe, graham crackers	22 Green Chile Cheeseburger, Coleslaw, Green Beans, Grapes	23 Beef and Bean Burrito, Salsa, Yellow squash w/ diced tomatoes, Strawberries w/ Angel Food Cake	24 Green Chile Chicken Stew, Tortilla, Vegetable medley, pear
27 Closed Memorial Day	28 Macque Choux, Garden Blend Vegetables, Wheat roll , Banana, cherry vanilla yogurt	29 Chicken Alfredo Penne, Italian Vegetables, Wheat roll, Mixed fruit, Gelatin	30 Beef Taco Skillet, Green beans, Carrots, Flour Tortilla, Diced Mango	31 Frito Pie, Lettuce & Tomato, Scandinavian Blend, Watermelon

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