

Questa Del Rio News

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

QUESTANEWS.COM

SENIOR MENU: JUNE 2024

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cheese Baked penne Pasta, California Blend Vegetables, White Beans, Wheat roll, Fruit Cocktail	4 Hamburger Beef Stew, Tossed Salad, cornbread, Apple	5 Tossed Salad, Pineapple Glazed, Chicken, Brown Rice, Grilled or Roasted Asparagus, Sweet roll, Tropical Fruit salad	6 GC Cheeseburger, Three Bean Salad Coleslaw, chopped Watermelon	7 Chicken stir Fry, Stir Fry Vegetables, Brown rice, Mandarin oranges, Fortune cookie
10 Country Fried steak, Mashed Potatoes w/Gravy, Green Beans, Okra, Wheat bread, Pineapple tidbits	11 Chicken & Rice Pot pie, red Cabbage, Apple, w/ red onions, Broccoli, Roll, Chopped Cantaloupe	12 Red Chile Pork Posole, Zucchini and diced tomatoes, 6in Flour tortilla, Diced Mango	13 Chef Salad, Ranch Dressing, crackers, Fruit Salad	14 Chicken Salad Sandwich, Tomato Soup, Crackers, Carrots, Mixed Fruit
17 Garlic Herb lean Baked Pork Chop, Brown Rice Pilaf, Roasted Brussel Sprouts, Italian Green Beans, Wheat Roll, plum	18 Red Chile Beef Enchiladas, Calabacitas, Pinto Beans, Pear	Closed	20 Chicken and Noodles, Chateau Blend Vegetables, roll, Spiced Peaches	21 Beef Hot Dog, Sweet Potatoes, Broccoli Salad, Light Nonfat Vanilla Yogurt Strawberries/bananas
24 Spaghetti w/ Meatballs, Italian Blend Vegetables, Wheat roll, Pineapple & Mandarin Oranges	25 Santa Fe Chicken, Chuckwagon Vegetables, Cilantro-Lime Brown Rice, yellow squash w/ diced tomatoes, Cinnamon Applesauce	26 Frito Pie, Pinto Beans, Cucumber Salad and tomato salad, Cantaloupe and Honeydew	27 Tater tot casserole, Tossed Salad, WW Roll, Banana	28 Bean & Cheese Soft Taco, Picante Sauce, Spanish Slaw, California Blend, Fruit Salad
		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