

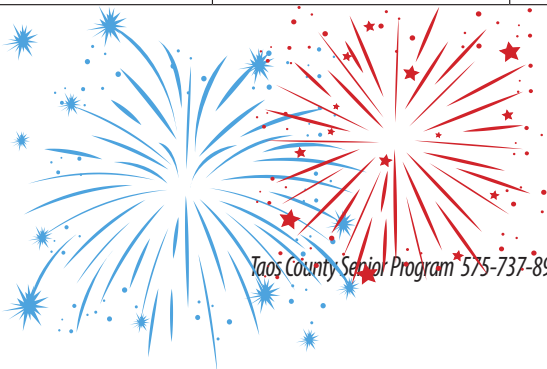
# Questa Del Rio News

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## SENIOR MENU: JULY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Orange Chicken Steamed Brown Rice Oriental Veggies Mandarin Oranges & Pineapple Chunks Fortune Cookie	Polish Sausage w/Onions & Peppers Parsley Potatoes Wheat Roll Light Non-Fat Cherry-Vanilla Yogurt	Red Chili Beans w/Meat California Veggies Cornbread Applesauce	<b>CLOSED</b> Happy 4th of July	Tuna Salad Sandwich Veggie Medley Cantaloupe
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Grilled Cheese Sandwich, Tomato Soup, Garden Blend Veggies Crackers, Pear, Vanilla Yogurt	Meat Burrito w/ Green, Chile, Yellow Squash w/Tomatoes, Jello w/Fruit & Whipped Topping	Chicken w/Mushroom Gravy Mashed Potatoes Broccoli w/Bell Pepper Wheat Roll Banana	Chilie Rellenos, Pinto Beans Cilantro Ume Rice Carrots Spinach, Tortilla, Watermelon	Chicken Pasta Salad w/ Mixed Veggies & Broccoli Asparagus Tropical Fruit Salad
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Sloppy Joe w/Peppers & Onions Baked French Fries Three Bean Salad Apricots	Chicken Fettuccine Alfredo Italian Blend Veggies Garden Salad w/Italian Dressing Wheat Roll	Bean & Cheese Burrito Red Chile Sauce Spanish Rice Garden Salad w/French Dressing , Diced Mango	Macaroni & Cheese Chateau Blend Veggies Light Non-Fat Cherry Vanilla Yogurt	Hot Open Faced Turkey Sandwich Parsley Potatoes Mediterranean Blend Veggies, Mixed Fruit, Non-Fat Vanilla Yogurt
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Chicken Adovada, Spanish Rice Broccoli & Cauliflower Flour Tortilla Jello w/Pineapple Chunks	Albondigas Soup (Meatball Soup) Tossed Salad w/Italian Dressing, Beets, Wheat Roll, Fruit Salad	BBQ Pulled Pork on a Bun Potato Salad Coleslaw, Honeydew	Taco Salad w/Salsa, Calabacitas Tomato & Onion Salad Angel Food Cake w/Strawberries	Red Chile Cheese Enchiladas Lettuce & Tomato Cilantro Lime Brown Rice Pinto Beans California Blend veggies Orange
<b>29</b>	<b>30</b>	<b>31</b>		
Salisbury Steak Mashed Potatoes w/Brown Gravy Green Beans Garden Salad w/Ranch Dressing Wheat Roll	Chicken Sandwich w/Cheese carrot & Raisin Salad Corn Salsa Spiced Pears	Sweet N Sour Pork, w/Onions & Peppers Brown Rice Stir-Fry Veggies w/Snow peas, fortune Cookies, Mandarin Oranges	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



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