

Questa Del Rio News

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

QUESTANEWS.COM

SENIOR MENU: AUGUST 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 | 2 |
| | | | Baked Chicken Breast Brown Rice Pilaf Chateau Blend Végétales Wheat Roll Fruit cocktail | Loaded Baked Potato Tossed Salad w/Garbanzo Beans Crackers Cottage Cheese Orange |
| 5 | 6 | 7 | 8 | 9 |
| Hot Dog Three Bean Salad Roasted Cauliflower Chopped Watermelon Light vanilla nonfat yogurt | Beef Macaroni Garden Salad w/ Light Ranch Dressing Crackers Apricots | Spicy Chicken Strips Carrots Creamy cucumber salad Wheat Roll Pear | Hamburger California Blend Vegetables Tropical Fruit salad | Chicken Tacos Salsa, Zucchini, w/ diced Tomatoes Mixed Fruit |
| 12 | 13 | 14 | 15 | 16 |
| Pork Rib Sandwich Coleslaw Green beans Spinach Chopped Cantaloupe | Hawaiian Chicken Steamed Brown Rice Stir Fry Veg, Wheat Roll Mandarin oranges Gelatin | Roast Beef w/ gravy Parsley Potatoes Chateau Blend vegetables Wheat Roll Fruit Salad | Chicken Salad Sandwich Multigrain Chips Vegetable medley Banana | Frito Pie Pinto Beans Roasted Brussel Sprouts Diced mango |
| 19 | 20 | 21 | 22 | 23 |
| Orange Chicken Brown Rice Asian Vegetables Vegetable Egg Roll Tapioca Pudding | Soft Beef Tacos Salsa Pinto beans Squash w/Diced Tomatoes Applesauce | Chicken Fried Chicken Potato Salad California Blend Veggies Dinner Roll Spiced pears | Beef Steak Ranchero Sweet Potatoes Vegetable Medley Wheat Roll Orange | Herbed Baked Fish Tartar Sauce Broccoli Salad Italian Blend Vegetables Wheat Roll Pineapple Tidbits |
| 26 | 27 | 28 | 29 | 30 |
| Sweet & Sour Pork Brown Rice Asian Veggies Mandarin Oranges | GC Cheese Chicken Sandwich Herb Roasted red Potatoes Tomato and cucumber Salad Grapes | Red Beef Enchiladas Pinto Beans Roasted Zucchini Peaches | Spaghetti Capri Vegetables Tossed salad Garlic Bread Plums | Ham Yams Green Beans Wheat roll Strawberries and Bananas |

