

Questa Del Rio News

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

QUESTANEWS.COM

SENIOR MENU: SEPTEMBER 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| 2 | 3 | 4 | 5 | 6 |
| CLOSED LABOR DAY | Polish Sausage Wild Rice Vegetable medley Banana | Cheeseburger w/ lettuce, tomato slices, onion French Fries Cucumber and tomato Salad Watermelon | Grilled Cheese sandwich tomato soup HB Egg Fruit Salad Vanilla Greek yogurt | Chicken Bow Tie Alfredo Marinara sauce Italian Veggies garlic wheat roll Tropical Fruit Salad |
| 9 | 10 | 11 | 12 | 13 |
| Chicken Tenders Gravy Mediterranean Vegetables Herb Roasted Potatoes WW Roll Mandarin Oranges | Nacho Supreme Black eyed Peas Orange | Entomatadas Cilantro Brown Rice LS Pinto Beans Garden Salad Light Ranch dressing Spiced Peaches light nonfat vanilla yogurt | Ham Scalloped Potatoes Brussel Sprouts WW Roll Light Vanilla Nonfat yogurt Fruit Salad | Mushroom Burger Sweet Potato Fries Cucumber, tomato, onion salad Blueberries & Whipped Topping |
| 16 | 17 | 18 | 19 | 20 |
| Chicken Alfredo Peas & Carrots Garlic Bread Pears | Tossed Salad Light Italian Dressing Tamale, Red Chile Lettuce & Tomato Pinto Beans Diced mango | Tossed Salad Light Italian Dressing Beef Macaroni Stewed Tomatoes Grapes | Salisbury Steak Mashed Potatoes Brown Gravy Brussel Sprouts Wheat Roll Oatmeal Cookie | Fish Sticks, Tartar Sauce Potato Wedges Three bean salad Wheat Roll Chocolate pudding Strawberries |
| 23 | 24 | 25 | 26 | 27 |
| Beef Stew Roasted Brussels Sprouts Cornbread Grapes | Pepperoni Pizza Tossed Salad Italian Dressing beets Cauliflower Tropical Fruit salad Vanilla nonfat yogurt | Herbed Baked Cod Tartar Sauce Brown Rice Coleslaw Chateau Blend vegetables Wheat roll Orange | Beef Taco Salsa Black Beans Capri Vegetables Sherbet | Chicken Fried Steak Mashed Potatoes w/ gravy Green Beans Tossed Salad Italian Dressing Wheat Roll Fruit Cocktail |
| 30 |  | | <p>Taos County Senior Program (575) 737-8927 PLEASE NOTE THAT THE MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p> | <p>All Meals Served With 8oz. 2% Milk as available</p> |

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This Senior Lunch Menu applies to all Senior Centers in Taos County. Meals are cooked fresh at each location. Lunch donations recommendations are \$1.50 and up. Lunches for people under 60 years old are \$7.50 a person.

To qualify call the Ancianos at (575) 586-0508. They will fill out an assessment and file an application.

Currently, exercise classes are not available. Donations for transportation is encouraged.