

Questa Del Rio News

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

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SENIOR MENU: OCTOBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Grn. Chile Chicken Posole (chicken, hominy, green chile, onions) Tossed salad w/ Light Ranch Dressing Crackers fruit salad	Spaghetti (meat, spaghetti, NAS Marinara sauce) Italian Blend Vegetables Wheat roll w/ margarine Tossed salad w/ Italian Dressing Fresh Pear	Chicken Patty Sandwich (chicken Patty, bun, lettuce, tomato) Roasted Brussel Sprouts green beans pineapple chunks	Baked Dill Tilapia Brown Rice Pilaf Spinach Coleslaw w/ Dressing Roll w/ unsalted butter Mixed Fruit
7	8	9	10	11
Chicken w/ Mushrooms (chicken breast, Gravy, Mushrooms, Egg Noodles) broccoli & cauliflower Wheat roll w/ margarine peaches	Tater Tot Casserole (Beef, mixed Vegetables, Tater tots, Sauce) Tossed Salad w/ Light Italian Dressing Wheat roll Gelatin w/ fruit cocktail	Green Chile Pork Stew (pork, potatoes, green chile) Beets and onion salad Cauliflower tortilla Cinnamon Apples	Chicken Fried Steak mashed potatoes/Country gravy Broccoli Wheat Bread w/ margarine Chocolate pudding	Red Chile and Cheese enchiladas (sauce, corn tortillas, cheese, Lettuce and tomato) Pinto Beans Vegetable Medley light nonfat vanilla yogurt berries
14	15	16	17	18
CLOSED	Ham & Cheese Sandwich (Ham, Swiss cheese, bread, lettuce, tomato) Three Bean Salad Pasta Salad (Vegetables, Pasta) grapes	Green Chile Meat Burrito (ground beef, green chile, Tortilla) Vegetables w/ unsalted butter Tropical Fruit salad	Chicken Pot Pie (Crust, chicken, mixed veggies, sauce) California blend veg Crackers Mandarin oranges	Open Faced Turkey Sandwich Turkey, wheat bread, gravy Herb Roasted Red Potatoes green beans Light Vanilla Nonfat Yogurt Apricots
21	22	23	24	25
Chicken Fajita (chicken, Peppers and Onions, Tortilla, Salsa) Black beans and Red bell Peppers Carrot Raisin Salad Fruit Cocktail Applesauce	Chef Salad (Romain lettuce, Egg, Chicken, tomatoes, Cucumber, Light Ranch Dressing) Crackers Fruit salad	Pork Stir Fry (Pork, Sauce) Asian Vegetables Chow Mein Noodles (cooked) Mandarin Oranges & Pineapple Fortune Cookie	Chicken Adovada (Diced Chicken, red Chile Sauce, Calabacitas) Roasted Brussel Sprouts flour tortilla banana	Tuna Salad Sandwich (Tuna, mayo, veggies, bread, Spinach, tomato) Tomato and Red Onion Salad Beets Sun Chips Orange
28	29	30	31	
Chili w/ beans (ground beef, Tomatoes, onion/green pepper, pinto beans) Chateau Blend Vegetables corn bread w/ margarine Applesauce	Chicken Noodle Soup (chicken, noodle, onions, celery, carrots, broth) bread w/ margarine Tossed Salad w/ Light Italian Dressing Plums	Cheeseburger (patty, Cheese, hamburger bun lettuce, slice tomato, slice onion) Potato Salad vegetable medley Mixed Fruit	Smothered pork (Pork, BBQ sauce) Cornbread stewed tomatoes w/ GC Roasted Zucchini Wheat roll, Pear	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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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.