

Questa Del Rio News

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SENIOR MENU: NOVEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<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>			<p>1</p> <p>BBQ Chicken, Baked Sweet Potatoes w/ apples, Onions & Broccoli Salad, 1 Roll, Banana</p>
<p>4</p> <p>Beef & Bean Burrito, Vegetable Medle, Flour Tortilla, Grapes</p>	<p>5</p> <p>Fish and Chips, Baked French Fries Roll, German Coleslaw, Tossed salad</p>	<p>6</p> <p>Sweet & Sour Pork, Brown Rice, Stir Fry Vegetables, Gelatin, Pineapple Tidbits</p>	<p>7</p> <p>Green Chile Chicken Enchiladas Pinto Bean, yellow squash and zucchini, Pears</p>	<p>8</p> <p>Meatloaf, Parsley Potatoes, Brown Gravy, Green Beans, Roll, Apricots, Tossed salad</p>
<p>11</p> <p>CLOSED Veterans Day</p>	<p>12</p> <p>Green Chili Cheese Burger, Potato Salad, Spinach, Onions, Orange</p>	<p>13</p> <p>Pork Tamales, Red Chili Sauce, Spanish rice, Capri Blend veg., Light nonfat vanilla yogurt, Strawberries</p>	<p>14</p> <p>Mrs Dash Grilled Chicken Breast, gravy Wild Rice w/ Mushrooms, California blend veg., Roll, Tropical Fruit Salad</p>	<p>15</p> <p>Pork chop w/ Gravy, Lemon Herb Orzo winter blend veg, roll, applesauce</p>
<p>18</p> <p>Chicken Salad sandwich, Cold beets, three bean salad, Sliced Pears</p>	<p>19</p> <p>Chicken Fried Steak, Au Gratin Pepper Gravy, Chateau Blend Vegetables, Peaches, Roll</p>	<p>20</p> <p>Fish Tacos, Black beans w/ corn and red pepper, Mandarin Oranges</p>	<p>21</p> <p>Thanksgiving Dinner Turkey w/ Poultry Gravy, Cornbread Stuffing, Whole Cranberry Sauce, Green Beans Mashed Potatoes, Pumpkin Pie, Whipped Topping, Roll</p>	<p>22</p> <p>Chicken Chile Cheese Soup, Tossed salad, roll, Fruit Salad</p>
<p>25</p> <p>Boston Clam Chowder, Salad Vegetable medle, Crackers, Banana</p>	<p>26</p> <p>Chicken Fried Chicken, herb roasted potatoes, Italian Blend Vegetables Orange, Waffle</p>	<p>27</p> <p>Salisbury Steak, Egg Noodles w/ Brown Gravy and parsley, Broccoli Normandy, Roll, Apricot halves</p>	<p>28</p> <p>CLOSED Thanksgiving Day</p>	<p>29</p> <p>CLOSED</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.