

**VILLAGE OF TIJERAS SENIOR CENTER**

 **GRAB AND GO LUNCH MENU**

 **February 2022 From 11:30-1:00**

**Please Remember to Call in 24 Hours in Advance to RSVP FOR LUNCH**

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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** |  **Friday**  |
| **31****Pasta Primavera****Seasonal Vegetables****Dinner Roll w/****Margarine****Warm Cinnamon****Pineapple Chunks****1% Milk** | **1****Baked Cod/w/Tartar****White Rice****Green Beans****Seasonal Fruit****1% Milk** | **2****Memphis Dry-Rubbed Chicken****Seasonal Vegetables****Cornbread****Seasonal Fruit****1% Milk** | **3** **Beef Tips w/Bowtie Pasta****Peas and Carrots****Dinner Roll w/Margarine****Peach Crumble****1% Milk** |  **4****Pork Chop****Mashed Red Potatoes****Crispy Roasted Brussel Sprouts****Seasonal Fruit****1% Milk** |
| **7****Oven Fried Chicken Homemade Mac-N-Cheese** **Collard Greens****Dinner Bread w/Margarine****Seasonal Fruit****1% Milk** | **8****Turkey with Gravy****Mashed Potato with Gravy****Steamed Broccoli****Dinner Roll with Margarine****Cookie****1% Milk** | **9****Low Sodium Ham and Potato Soup****Steamed Carrots****Biscuit****Seasonal Fruit****1% Milk** | **10****Red Chili Beef Enchilada****Spanish Rice****Pinto Beans****Seasonal Fruit****1% Milk** | **11****Baked Cod w/Tartar Sauce****Buttered Noodles****Succotash****Seasonal Fruit****1% Milk** |
| **14****Baked Ziti/Pasta/Marinara and Cheese****Seasonal Vegetable****Garlic Bread Stick****Yogurt****1% Milk** | **15****Baked Ham w/****Pineapple Sauce****Sweet Potatoes****Broccoli-Cauliflower Carrots****Pudding****1% Milk** | **16****Teriyaki Chicken****White Rice****Steamed Crinkle Cut Carrots****Apple****1% Milk** | **17****Tilapia w/Tartar Sauce** **Rosemary Potatoes****Seasonal Vegetable** **Seasonal Fruit****1% Milk** | **18****Red Chile Beans with Beef, Cheese and Onions****Crispy Roasted****Cauliflower****Tortilla****Brownie****1% Milk** |
| **21****VILLAGE HALL, MVD & SENIOR CENTER WILL BE CLOSED IN OBSERVATON OF PRESIDENTS DAY** | **22****Soft Chicken Tacos Tortillas****Spanish Rice****Corn with Red Peppers****Cookie****1% Milk** | **23****Cheeseburger****Bun****Baked Beans****Steamed Carrots****Seasonal Fruit****1% Milk** | **24****Swedish Meatballs w/Gravy****Steamed Green****Beans****Cherry Cobbler****1% Milk** | **25****Salmon with Garlic Sauce****Angel Hair Pasta with Diced Tomatoes****Seasonal Vegetable****Jell-O w/Fruit****1% Milk** |

 **505-930-2658**

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