

**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**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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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