



## VILLAGE OF TIJERAS SENIOR CENTER

**JULY 2024 11:30-1:00**

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

**505-930-2658**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>Lemon Pepper Chicken w/brown rice</b> <b>Diced Beets</b> <b>Roasted Brussel Sprouts</b> <b>Chocolate Pudding</b> <b>1% Milk</b>	<b>2</b> <b>Meatballs w/Marinara and Cheese</b> <b>Whole Grain Hoagie Roll</b> <b>Diced Potatoes</b> <b>Broccoli</b> <b>Banana</b> <b>1% Milk</b>	<b>3</b> <b>Garlic Tilapia</b> <b>Red, White, &amp; Blue Posole</b> <b>Calabacitas</b> <b>Yogurt</b> <b>1% Milk</b>	<b>4</b> <b>VILLAGE HALL, MVD &amp; SENIOR CENTER WILL BE CLOSED IN OBSERVATION OF 4<sup>TH</sup> OF JULY</b>	<b>5</b> <b>Egg Salad on Whole Grain Bread</b> <b>Lettuce</b> <b>Carrot Sticks</b> <b>Cantaloupe</b> <b>1% Milk</b>
<b>8</b> <b>Pork Chop w/Brown Rice</b> <b>Rosemary Potatoes w/Margarine</b> <b>Corn</b> <b>Pears</b> <b>1% Milk</b>	<b>9</b> <b>Green Chile Stew</b> <b>Pinto Beans</b> <b>Flour Tortilla</b> <b>Baked Apples</b> <b>1% Milk</b>	<b>10</b> <b>Breaded Cod w/Tartar Sauce</b> <b>Buttered Noodles</b> <b>Green Beans</b> <b>Oranges</b> <b>1% Milk</b>	<b>11</b> <b>Pasta Primavera</b> <b>Sauteed Spinach w/Onions</b> <b>Bread Stick</b> <b>Yogurt</b> <b>1% Milk</b>	<b>12</b> <b>Chicken Parmesan</b> <b>Zucchini w/Butter</b> <b>Steamed Carrots</b> <b>Jell-O</b> <b>1% Milk</b>
<b>15</b> <b>Carne Adovada</b> <b>Spinach</b> <b>Pinto Beans</b> <b>Flour Tortilla</b> <b>Grapes</b> <b>1% Milk</b>	<b>16</b> <b>Sweet &amp; Sour Chicken w/Stir Fry</b> <b>Vegetables</b> <b>Broccoli</b> <b>Brown Rice</b> <b>Fortune Cookie</b> <b>1% Milk</b>	<b>17</b> <b>Salisbury Steak w/Mushroom Gravy</b> <b>Mashed Potatoes</b> <b>Whole Grain dinner Roll w/Margarine</b> <b>Peach Cobbler</b> <b>1% Milk</b>	<b>18</b> <b>Cheese Omelet w/Fajita Blend</b> <b>Stewed Tomatoes</b> <b>Roasted Potatoes</b> <b>Mandarin Oranges</b> <b>1% Milk</b>	<b>19</b> <b>BBQ Pulled Pork</b> <b>Roasted Sweet Potato</b> <b>Green Beans</b> <b>Whole Grain Dinner Roll w/ Margarine</b> <b>Apples</b> <b>1% Milk</b>
<b>22</b> <b>Spaghetti w/Meat Sauce</b> <b>Imperial blend</b> <b>Vegetables</b> <b>Broccoli</b> <b>Pears</b> <b>1% Milk</b>	<b>23</b> <b>Baked Salmon w/Lemon and Garlic</b> <b>Ancient Grain Rice</b> <b>Green Beans w/Mushrooms</b> <b>Grapes</b> <b>1% Milk</b>	<b>24</b> <b>Red Chile Tamales</b> <b>Calabacitas</b> <b>Pinto Beans</b> <b>Banana</b> <b>1% Milk</b>	<b>25</b> <b>Mac &amp; Cheese w/Green Chile</b> <b>Broccoli</b> <b>Beets</b> <b>Yogurt</b> <b>1% Milk</b>	<b>26</b> <b>Chicken Salad Sandwich on Whole Grain Bread</b> <b>Sliced Cucumber &amp; Carrot Sticks</b> <b>Cole Slaw</b> <b>Honeydew</b> <b>1% Milk</b>
<b>29</b> <b>Philly Cheesesteak</b> <b>Steamed Carrots</b> <b>Whole Grain Hoagie</b> <b>Warm Cinnamon Apples</b> <b>1% Milk</b>	<b>30</b> <b>Green Chile Chicken Enchilada</b> <b>Pinto Beans</b> <b>Calabacitas</b> <b>Mandarin Oranges</b> <b>1% Milk</b>	<b>31</b> <b>Meatloaf w/Tomato Gravy</b> <b>Garlic Roasted Potatoes</b> <b>Succotash</b> <b>Whole Grain Dinner Roll</b> <b>Fresh Seasonal Fruit</b> <b>1% Milk</b>	<b>1</b> <b>Spaghetti w/Marinara Sauce</b> <b>Broccoli w/Red Peppers</b> <b>Roasted Vegetables</b> <b>Garlic Breadstick</b> <b>Yogurt</b> <b>1% Milk</b>	<b>2</b> <b>Salmon w/Pineapple Over Brown Rice</b> <b>Pilaf</b> <b>Brussel Sprouts</b> <b>Diced Beets</b> <b>Honeydew Melon</b> <b>1% Milk</b>