



VILLAGE OF TIJERAS SENIOR CENTER

OCTOBER 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
30 Chicken Fajitas w/Salsa Flour Tortilla Ranch Beans Hot Sliced Apples 1% Milk	1 Beef Stroganoff & Elbow Pasta Cauliflower w/Red Peppers Bread Stick Chocolate Pudding 1% Milk	2 Ham Omelet w/Fajita Blenda Stewed Tomatoes Tater Tots Orange 1% Milk	3 Morning Star Veggie Chicken Nuggets w/BBQ Sauce Corn Malibu Blend Mixed Fruit Cup 1% Milk	4 Lemon Pepper Tilapia Rice Pilaf Calabacitas Chocolate Chip Cookie 1% Milk
7 Cottage Pie: Ground Beef, Mashed Potatoes, Peas & Carrots Corn Bread Blueberry Crisp 1% Milk	8 Teriyaki Pork w/Brown Rice Stir Fry Blend Vegetables Pineapple Upside Down Cake 1% Milk	9 Frito Pie: Beef, Pinto Beans, Red Chile, Cheese and Onions Fritos Normandy Blend Peaches 1% Milk	10 Linguini w/Diced Tomato Sauce Diced Potatoes Steamed Broccoli Vanilla Pudding 1% Milk	11 Chicken & Rice Soup Spinach Crackers Cherry Cobbler 1% Milk
14 VILLAGE HALL, MVD & SENIOR CENTER WILL BE CLOSED IN OBSERVATIONS OF INDIGENOUS PEOPLES DAY	15 Open Faced Turkey Sandwich w/Gravy Yams Green Beans Wheat Bread Orange 1% Milk	16 Salisbury Steak w/Gravy Brown rice Peas Jell-O Dinner Roll w/Margaine 1% Milk	17 National Pasta Day Spaghetti Marinara w/Squash Breadstick Malibu Blend Peaches 1% Milk	18 Green Chile Stew (Chicken, Corn, Carrots, Peas & Green Beans Flour Tortilla Pinto Beans Sliced Cinnamon Apples 1 % Milk
21 Beef Tips Over Pasta w/Gravy Rotini Noodles Brussel Sprouts Peach Cobbler 1% Milk	22 Chicken Pot Pie 5 Way Pie w/Biscuit Diced Beets Ancient Grain Yogurt 1% Milk	23 Salmon w/Garlic Butter Rice Pilaf Cauliflower Orange 1% Milk	24 Baked Potato w/Broccoli, Cheese, Sour Cream, & Veggie Bacon Corn Baked Beans Apple Slices 1% Milk	25 Green Chile Ham Mac & Cheese Cornbread Normandy Blend Pineapple 1% Milk
28 Carne Adovada Spanish Rice Corn Tortilla Pear 1% Milk	29 Breaded Chicken Patty w/Green Chile & White Gravy Sweet Potato Green Beans Apple slices w/Peanut Better 1% Milk	30 Mummy Loaf in Swamp Water (Meatloaf w/Gravy) Mashed Potatoes Sliced Carrots Jello-O 1% Milk	31 Omelet w/Mushrooms & Spinach Hash Brown 5 Way Vegetable Blend Yogurt 1% Milk	1 Pot Roast (Potatoes Celery, Carrots) Italian Blend Ancient Blend Mandarin Oranges 1% Milk