



# VILLAGE OF TIJERAS SENIOR CENTER

March 2025 11:30-1:00

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

**505-930-2658**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Salisbury steak</b> <b>Green Chile Gravy</b> <b>Sweet Potato Mash</b> <b>Cauliflower</b> <b>Dinner Roll</b> <b>Margarine</b> <b>Orange</b> <b>1% Milk</b>	<b>4</b> <b>Diced Pork Gravy</b> <b>Mashed Potatoes</b> <b>Steamed Broccoli</b> <b>Dinner Roll</b> <b>Margarine</b> <b>Pear</b> <b>1% Milk</b>	<b>5</b> <b>Green Chile Posole</b> <b>Black Beans</b> <b>Calabacitas</b> <b>Pears Cupped</b> <b>1% Milk</b>	<b>6</b> <b>Red Chile Omelet</b> <b>Rosemary</b> <b>Potatoes</b> <b>Spinach</b> <b>Pineapples</b> <b>Cupped</b> <b>1% Milk</b>	<b>7</b> <b>Breaded Cod</b> <b>Tartar Sauce</b> <b>Brown Rice</b> <b>Roasted Veggies</b> <b>Brownie</b> <b>1% Milk</b>
<b>10</b> <b>Beef Tips w/Gravy</b> <b>Bowtie Pasta</b> <b>Brussel Sprouts</b> <b>Dinner Roll</b> <b>Margarine</b> <b>Yogurt</b> <b>1% Milk</b>	<b>11</b> <b>Chicken Tamales</b> <b>Mushrooms</b> <b>Pinto Beans,</b> <b>Spinach &amp; Bell</b> <b>Peppers</b> <b>Mixed Berries</b> <b>1% Milk</b>	<b>12</b> <b>Baked Ham</b> <b>Pineapple Sauce</b> <b>Brown Rice</b> <b>Green Beans</b> <b>Yogurt</b> <b>1% Milk</b>	<b>13</b> <b>Cheese Lasagna</b> <b>Roasted Veggies</b> <b>Dinner Roll</b> <b>Margarine</b> <b>Jell-O</b> <b>1% Milk</b>	<b>14</b> <b>Lemon Pepper</b> <b>Salmon</b> <b>Roasted Potatoes</b> <b>Brussel Sprouts</b> <b>Peaches</b> <b>1% Milk</b>
<b>17</b> <b>Corned Beef</b> <b>Corn Bread</b> <b>Rosemary</b> <b>Potatoes</b> <b>Cabbage</b> <b>Green Jell-O</b> <b>1% Milk</b>	<b>18</b> <b>Baked Chicken</b> <b>Sweet Potato Mash</b> <b>Sauteed Spinach</b> <b>Dinner Roll</b> <b>Margarine</b> <b>Jell-O</b> <b>1% Milk</b>	<b>19</b> <b>Diced Pork</b> <b>Gravy</b> <b>Sweet Potato Mash</b> <b>Green Beans</b> <b>Jell-O</b> <b>1% Milk</b>	<b>20</b> <b>Spaghetti</b> <b>Mushrooms</b> <b>Roasted</b> <b>Cauliflower</b> <b>Dinner Roll</b> <b>Margarine</b> <b>Orange</b> <b>1% Milk</b>	<b>21</b> <b>Breaded Cod</b> <b>Tartar Sauce</b> <b>Green Beans</b> <b>Brown Rice</b> <b>Yogurt</b> <b>1% Milk</b>
<b>24</b> <b>Chicken Posole</b> <b>Mushrooms</b> <b>Sauteed Spinach</b> <b>Mixed Berries</b> <b>1% Milk</b>	<b>25</b> <b>Salisbury Steak</b> <b>Green Chile Gravy</b> <b>Mashed Potatoes</b> <b>Roasted Veggies</b> <b>Dinner Roll</b> <b>Margarine</b> <b>Pear</b> <b>1% Milk</b>	<b>26</b> <b>Turkey Tetrazzini</b> <b>Corn</b> <b>Dinner Roll</b> <b>Margarine</b> <b>Jell-O</b> <b>1% Milk</b>	<b>27</b> <b>Macaroni &amp; Broccoli</b> <b>Brussel Sprouts</b> <b>Sweet Potato Mash</b> <b>Pineapple</b> <b>Cupped</b> <b>1% Milk</b>	<b>28</b> <b>Lemon Baked Tilapia</b> <b>Tartar Sauce</b> <b>Mashed Potatoes</b> <b>Steamed Broccoli</b> <b>Apple</b> <b>1% Milk</b>