



# VILLAGE OF TIJERAS SENIOR CENTER

**JULY 2025 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>30</b> <b>Sweet &amp; Sour Pork</b> <b>Brown Rice</b> <b>Stir Fry Vegetables</b> <b>Sliced Carrots</b> <b>Chocolate Pudding</b> <b>1% Milk</b>	<b>1</b> <b>Egg Salad Sandwich</b> <b>Coleslaw</b> <b>Cucumber &amp; Onion</b> <b>Salad</b> <b>Orange</b> <b>1% Milk</b>	<b>2</b> <b>Chicken Fajita</b> <b>Brown Rice</b> <b>Calabacitas</b> <b>Tortilla</b> <b>Yogurt</b> <b>1% Milk</b>	<b>3</b> <b>Veggie Green Chile</b> <b>Cheeseburger</b> <b>Diced Potatoes</b> <b>Stewed Tomatoes</b> <b>Wheat Bun</b> <b>Diced Peaches</b> <b>1% Milk</b>	<b>4</b> <b>VILLAGE HALL,</b> <b>MVD &amp; SENIOR</b> <b>CENTER WILL BE</b> <b>CLOSED IN</b> <b>OBSERVATION OF</b> <b>4<sup>TH</sup> OF JULY</b>
<b>7</b> <b>Green Chile Stew</b> <b>Pinto Beans</b> <b>Flour Tortilla</b> <b>Sliced Apples</b> <b>1% Milk</b>	<b>8</b> <b>Greek Pasta Salad</b> <b>Broccoli Salad</b> <b>Dinner Roll</b> <b>Margarine</b> <b>Watermelon</b> <b>1% Milk</b>	<b>9</b> <b>Pork Chop</b> <b>Brown Gravy</b> <b>Rice Pilaf</b> <b>Green Beans</b> <b>Orange</b> <b>1% Milk</b>	<b>10</b> <b>Veggie Pasta</b> <b>Primavera</b> <b>w/Alfredo Sauce</b> <b>Spinach w/Onions</b> <b>Corn &amp; Edamame</b> <b>Yogurt</b> <b>1% Milk</b>	<b>11</b> <b>Chicken Parmesan</b> <b>Green Beans</b> <b>Steamed Carrots</b> <b>Jell-O</b> <b>1% Milk</b>
<b>14</b> <b>Carne Adovada</b> <b>Calabacitas</b> <b>Pinto Beans</b> <b>Flour Tortilla</b> <b>Jell-O</b> <b>1% Milk</b>	<b>15</b> <b>Teriyaki Chicken</b> <b>Stir Fry Vegetables</b> <b>Broccoli</b> <b>Brown Rice</b> <b>Fortune Cookie</b> <b>1% Milk</b>	<b>16</b> <b>Meatball Sandwich</b> <b>w/Cheese</b> <b>Spinach w/Onions</b> <b>Steamed Carrots</b> <b>Pear</b> <b>1% Milk</b>	<b>17</b> <b>Cheese Omelet</b> <b>w/Fajita Blend</b> <b>Stewed Tomatoes</b> <b>Diced Potatoes</b> <b>Mandarin Oranges</b> <b>1% Milk</b>	<b>18</b> <b>Sliced Ham</b> <b>Pineapple Glaze</b> <b>Sweet Potato Mash</b> <b>Cut Corn</b> <b>Dinner Roll</b> <b>Margarine</b> <b>Jell-O</b> <b>1% Milk</b>
<b>21</b> <b>Spaghetti w/Meat</b> <b>Sauce</b> <b>Breadstick</b> <b>Broccoli</b> <b>Grapes</b> <b>1% Milk</b>	<b>22</b> <b>Chicken Salad</b> <b>Sandwich</b> <b>Potato Salad</b> <b>Coleslaw</b> <b>Honeydew</b> <b>1% Milk</b>	<b>23</b> <b>Turkey Pot Pie</b> <b>Green Beans w/</b> <b>Mushrooms</b> <b>Peach Cobbler</b> <b>1% Milk</b>	<b>24</b> <b>Green Chile Mac &amp;</b> <b>Cheese</b> <b>Corn &amp; Edamame</b> <b>Diced Beets</b> <b>Yogurt</b> <b>1% Milk</b>	<b>25</b> <b>BBQ Pulled Pork</b> <b>Sweet Potato Mash</b> <b>Spinach w/Onions</b> <b>Wheat Bun</b> <b>Jell-O</b> <b>1% Milk</b>
<b>28</b> <b>Red Chile Tamales</b> <b>Spinach</b> <b>Pinto Beans</b> <b>Brownie</b> <b>1% Milk</b>	<b>29</b> <b>Green Chile</b> <b>Chicken</b> <b>Enchilada</b> <b>Cauliflower</b> <b>Calabacitas</b> <b>Mandarin Oranges</b> <b>1% Milk</b>	<b>30</b> <b>Meatloaf</b> <b>Roasted Potatoes</b> <b>Succotash</b> <b>Dinner Roll</b> <b>Margarine</b> <b>Banana</b> <b>1% Milk</b>	<b>31</b> <b>Spaghetti w/Pesto</b> <b>Broccoli w/Peppers</b> <b>Normandy Blend</b> <b>Dinner Roll</b> <b>Margarine</b> <b>Yogurt</b> <b>1% Milk</b>	<b>1</b> <b>Lemon Dill Salmon</b> <b>Brussel Sprouts</b> <b>Mashed Potatoes</b> <b>Honeydew</b> <b>1% Milk</b>