



VILLAGE OF TIJERAS SENIOR CENTER

AUGUST 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
				1 Lemon Dill Salmon Brussel Sprouts Mashed Potatoes Honeydew 1% Milk
4 Pork Loin Gravy Brown Rice Green Peas Vanilla Pudding 1% Milk	5 Meatloaf Roasted Potatoes Succotash Dinner Roll Margarine Jell-O 1% Milk	6 Breaded Cod Tartar Sauce Rice Pilaf Green Beans Watermelon 1% Milk	7 Veggie Green Chile Cheeseburger Corn & Edamame Diced Potatoes Oranges 1% Milk	8 Chicken Alfredo Zucchini w/ Red Peppers Steamed Broccoli Banana 1% Milk
11 Roasted Pork Loin Brown Gravy Scalloped Potatoes Steamed Carrots Dinner Roll Margarine Yogurt 1% Milk	12 Carne Adovada Calabacitas Pinto Beans Flour Tortilla Apple Slices 1% Milk	13 Spaghetti w/ Meatballs Green Beans Zucchini & Peppers Grapes 1% Milk	14 Cheese Omelet w/ Red Chile Stewed Tomatoes Diced Potatoes Dinner Roll Margarine Pudding 1% Milk	15 BBQ Chicken Sandwich Sweet Potato Mash Spinach w/ Onions 4oz Jell-O 1% Milk
18 Salisbury Steak Gravy Mashed Potatoes Corn & Edamame Mandarin Oranges 1% Milk	19 BBQ Pork Baked Beans Spinach w/ Onions Dinner Roll Margarine Mixed Berries 1% Milk	20 Shredded Chicken Brown Rice Pilaf Sweet Potato Mash Green Beans Grapes 1% Milk	21 Vegetable Lasagna Brussel Sprouts Garlic Breadstick Pudding 1% Milk	22 Sliced Turkey Red Chile Diced Beets Corn/Bell Peppers Chocolate Chip Cookies 1% Milk
25 Sliced Ham Pineapple Sauce Spinach Ranch Beans Cornbread Yogurt 1% Milk	26 Stir Fry Chicken Brown Rice Green Beans Apple Slices 1% Milk	27 Beef Steak Grilled Onions Mashed Potatoes Corn w/ Peppers Watermelon 1% Milk	28 Spaghetti w/Marinara Steamed Broccoli Carrots & Zucchini Diced Pears 1% Milk	29 Green Chile Cheeseburger Diced Potatoes Stewed Tomatoes Jell-O 1% Milk