



VILLAGE OF TIJERAS SENIOR CENTER

July 2026 11:30-12:45 PM

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

505-269-7518

Monday	Tuesday	Wednesday	Thursday	Friday
29 Chicken Parmesan Green Beans Steamed Carrots Pear 1% Milk	30 Salisbury Steak Gravy Brussel Sprouts Normandy Blend Jell-O 1% Milk	1 BBQ Pulled Pork Diced Sweet Potatoes Spinach w/ Onions Wheat Bun Yogurt 1% Milk	2 Green Chile Cheese Veggie Burger Scalloped Potatoes Stewed Tomatoes Diced Peaches 1% Milk	3 VILLAGE HALL, MVD & SENIOR CENTER WILL BE CLOSED IN OBSERVATION OF 4TH OF JULY
6 Green Chile Cheeseburger Celery Stick Diced Potatoes Sliced Apples 1% Milk	7 Greek Pasta Salad Broccoli Salad w/ Carrots & Onions Dinner Roll Margarine Watermelon 1% Milk	8 Breaded Pollock Tartar Sauce Diced Beets Green Beans Orange 1% Milk	9 Pasta Primavera w/ 5 Way Veggies Alfredo Sauce Spinach/Mushrooms Steamed Carrots Yogurt 1% Milk	10 Chicken Parmesan Marinara Sauce Cauliflower Brussel Sprouts Jell-O 1% Milk
13 Carne Adovada Calabacitas Pinto Beans Flour Tortilla Seasonal Fruit 1% Milk	14 Teriyaki Chicken /w Fajita Vegetables Steamed Broccoli Brown Rice Fortune Cookie 1% Milk	15 Meatball Sub Spinach w/ Onions Steamed Carrots Pear 1% Milk	16 Cheese Omelet w/ Peppers & Red Chile Stewed Tomatoes Diced Potatoes Orange 1% Milk	17 Pork Loin Gravy Roasted Peppers Green Beans Dinner Roll Margarine Pudding 1% Milk
20 Beef w/ Peppers & Onions Normandy Blend Brown Rice Brownie 1% Milk	21 Tuna Salad Sandwich Potato Chips Celery Sticks Honeydew 1% Milk	22 BBQ Pulled Pork Sweet Potato Mash Spinach w/ Onions Whole Wheat Bun Jell-O 1% Milk	23 Green Chile Mac & Cheese Succotash Diced Beets Yogurt 1% Milk	24 Baked Chicken Thigh Roasted Carrots Herb Diced Potatoes Dinner Roll Margarine Vanilla Pudding 1% Milk
27 Pork Tamales Red Chile Spinach Pinto Beans Brownie 1% Milk	28 Green Chile Chicken Enchilada Cauliflower Calabacitas Mandarin Oranges 1% Milk	29 Meatloaf Roasted Potatoes Green Beans Dinner Roll Margarine Seasonal Fruit 1% Milk	30 Black & Pinto Chile Beans Spinach w/ Tomatoes Diced Sweet Potatoes Corn Tortillas Strawberries 1% Milk	31 Salisbury Steak Noodles Gravy Brussel Sprouts Sliced Carrots Honeydew 1% Milk