



# VILLAGE OF TIJERAS SENIOR CENTER

October 2026

Lunch from 11:30-12:45 Call 505-269-7518 or 505-286-4220

Please Remember to Call in 24 Hours in Advance to RSVP your Lunch

| Monday                                                                                                                                          | Tuesday                                                                                                            | Wednesday                                                                                                                            | Thursday                                                                                                                                             | Friday                                                                                                                                                |
|-------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>28</b><br>Green Chile Chicken<br>Posole/Pinto Beans<br>Peppers & Onions<br>Calabacitas<br>Tortilla<br>Mandarin Oranges<br>1% Milk            | <b>29</b><br>Beef Tips<br>Brown Rice<br>Normandy Blend<br>Dinner Roll<br>Margarine<br>Warm Apple Slices<br>1% Milk | <b>30</b><br>Carne Adovada<br>Red Chile<br>Pinto Beans<br>Spanish Rice<br>Tortilla<br>Vanilla Pudding<br>1% Milk                     | <b>1</b><br>Baked Ziti<br>Succotash<br>Garlic Breadstick<br>Applesauce<br>1% Milk                                                                    | <b>2</b><br>Green Chile<br>Cheeseburger<br>Diced Potatoes<br>Steamed Broccoli<br>Jell-O<br>1% Milk                                                    |
| <b>5</b><br>Chicken Fajitas w/<br>Salsa<br>Pinto Beans<br>Flour Tortillas<br>Hot Sliced Apples<br>1% Milk                                       | <b>6</b><br>Beef Stroganoff<br>Elbow Pasta<br>Spinach w/ Onions<br>Dinner Roll<br>Margarine<br>Grapes<br>1% Milk   | <b>7</b><br>Pork Posole<br>Green Chile Potatoes<br>Steamed Carrots<br>Broccoli<br>Slice Sour Dough<br>Margarine<br>Yogurt<br>1% Milk | <b>8</b><br>Mac & Cheese w/<br>Broccoli<br>Steamed Cauliflower<br>Diced Beets<br>Brownie<br>1% Milk                                                  | <b>9</b><br>BBQ Pulled Pork<br>Sweet Potato Mash<br>Green Beans w/<br>Mushrooms<br>Dinner Roll Margarine<br>Jell-O<br>1% Milk                         |
| <b>12</b><br><b>VILLAGE HALL,<br/> MVD &amp; SENIOR<br/> CENTER WILL<br/> BE CLOSED IN<br/> OBSERVATION<br/> OF INDIGENOUS<br/> PEOPLES DAY</b> | <b>13</b><br>Teriyaki Pork<br>Brown Rice<br>Stir Fry Vegetables<br>Corn & Edamame<br>Diced Pears<br>1% Milk        | <b>14</b><br>Frito Pie<br>Fritos<br>Normandy Blend<br>Jell-O<br>1% Milk                                                              | <b>15</b><br>Veggie Green Chile<br>Cheeseburger<br>Diced Potatoes<br>Stewed Tomatoes<br>Diced Peaches<br>1% Milk                                     | <b>16</b><br>Beef Cottage Pie<br>Spinach w/ Onions<br>Corn Bread<br>Mandarin Oranges<br>1% Milk                                                       |
| <b>19</b><br>Pork Tamales<br>Red Chile<br>Spinach<br>Black Beans<br>Pear<br>1% Milk                                                             | <b>20</b><br>Open Faced Turkey<br>Sandwich<br>Gravy<br>Mashed Potatoes<br>Green Beans<br>Orange<br>1% Milk         | <b>21</b><br>Sweet & Sour Pork<br>Brown Rice<br>Stir Fry Vegetables<br>Sliced Carrots<br>Pudding<br>1% Milk                          | <b>22</b><br>Vegetable Lasagna<br>(Pasta, Marinara,<br>Spinach, Cheese, &<br>Zucchini)<br>Three Bean Salad<br>Garlic Breadstick<br>Yogurt<br>1% Milk | <b>23</b><br>Green Chile Stew<br>(Chicken/Potatoes)<br>Pinto Beans<br>Flour Tortilla<br>Applesauce<br>1% Milk                                         |
| <b>26</b><br>Beef Tips<br>Pasta/Gravy<br>Green Beans &<br>Mushrooms<br>Bell Peppers/Onions<br>Dinner Roll<br>Margarine<br>Pudding<br>1% Milk    | <b>27</b><br>Chicken Pot Pie w/<br>Biscuit<br>Diced Beets<br>Brussel Sprouts<br>Yogurt<br>1% Milk                  | <b>28</b><br>Breaded Pollock<br>Tartar Sauce<br>Brown Rice<br>Cauliflower<br>Dinner Roll<br>Margarine<br>Sliced Apple<br>1% Milk     | <b>29</b><br>Cheese Omelet w/<br>Spinach<br>Stewed Tomato<br>Diced Sweet Potatoes<br>Mandarin Oranges<br>1% Milk                                     | <b>30</b><br>Mummy Loaf in<br>Swamp Water aka<br>Meatloaf w/ Gravy<br>Mashed Potatoes<br>Sliced Carrots<br>Dinner Roll Margarine<br>Jell-O<br>1% Milk |