








# October 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<b>Salisbury Steak</b> Mashed Potatoes w/Gravy Green Peas Yellow Cake	<b>Creamy Chicken Casserole</b> Mixed Veggies WW Roll Apple Slices	<b>Pork Chops</b> Wild Rice California Veggies Peach Cobbler	<b>Red Chile Beef Enchilada</b> Pinto Beans Mexicorn Pears	<b>Chicken Salad Sandwich</b> Cucumber and Tomato Salad Chips Cookie
10	11	12	13	14
 <b>Santa Fe County Offices Closed</b>	<b>Boneless BBQ Rib Sandwich</b> Tater Tots Green Beans Cookie	<b>Baked Chicken Breast</b> Scalloped Potatoes Broccoli WW Roll Fruit Cocktail	<b>Meatloaf</b> Mashed Potato w/gravy Peas and Carrots Sliced Apples w/cinnamon	<b>Lemon Pepper Fish</b> Rice Pilaf WinterBlend Veggies Pound Cake
17	18	19	20	21
<b>Sweet n Sour Chicken</b> Rice Oriental Veggies Egg Roll Pears	<b>Green Chile Cheese Buger</b> French Fries Peas Cake	<b>Chicken Fajitas</b> Beans MexiCorn Chocolate Pudding	<b>Oven Baked Pork Chops</b> Wild Rice Peas WW Roll Diced Peaches	<b>Lasagna</b> Green Beans Garlic Knot Cookie
24	25	26	27	28
<b>Tuna Casserole w/</b> Egg Noodles Mixed Veggies Breadstick Cake	<b>Roasted Chicken Breast</b> Scalloped Potatoes Peas and Carrots Apple Cobbler	<b>Spaghetti w/ Meat Sauce</b> Green Beans Garlic Knot Cookie	<b>BBQ Pork Chops</b> Ranch Beans Corn Apple Slices	<b>Chicken Fried Steak</b> Mashed Poatoes w/ Gravy Peas WW Roll Fruit Cocktail
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<b>Chicken Alfredo over</b> Fettucini Noodles Broccoli Garlic Knot Pudding				

*Menu is subject to change without Notice!*

**Santa Fe County Senior Services**  
505-992-3069

