



October 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Egg Salad Sandwich Three Bean Salad Asperagus Yogurt	Spaghetti California Vegeatables Green Salad Garlic Knot Melon	Chile Relleno Pinto Beans Spanish Rice Carrots Peaches	BBQ Chicken Stewed Tomatoes Coleslaw Cornbread Jello	Beef Stroganoff Egg Noodles Vegetables Diced Mango
9	10	11	12	13
County Offices and Senior Centers are Closed 	Sweet & Sour Chicken Brown Rice Oriental Vegetable Egg Roll Mandarin Oranges	Chicken Caesar Salad Crackers Strawberries	Beef Soft Taco Pinto Beans Vegetables Pears	Tuna Casserole Cauliflower WW Roll W/ Butter Salad Peaches
16	17	18	19	20
Slow Roasted Pork Mashed Potatoes Gravy Spinach W/ Onions Green Salad Apple Slices	Chicken Alfredo Italian Vegetables Garlic Knot Caesar Salad Apricots	Hot Turkey Sandwich Mashed Potato Gravy Brussel Sprouts Tropical Fruit	Lemon Pepper Tilapia Brown Rice Spinach w/ Onions WW Roll Banana Pudding	Chicken Corn Casserole With Broccoli Noodles Salad Berries
23	24	25	26	27
Boneless Carolina Pork Sandwich Coleslaw Cucumber & Tomato Salad Cornbread Muffin Melon	Lasagna Italian Vegetables Tossed Salad Garlic knot Cake	Pepper Steak Rice Pilaf Vegetables Pineapple	Green Chile Cheese Sandwich 5 way mixed Vegetables Pasta Salad Strawberries	Sloppy Joe Green Beans Corn Oranges
30	31			
Beef Tips W/ Gravy mushrooms Mashed Potatoes Tossed Salad fruit Salad	Pork Tacos Lettuce & Tomato Spanish Rice Pinto Beans Diced Mango			

Menu is subject to change without Notice!

**IF YOU WILL NOT BE HOME FOR YOUR MEAL
PLEASE CALL THE OFFICE TO LET US KNOW**

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