



APRIL 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Hot Turkey Sandwich Turkey, Low Sodium Gravy, Wheat Bread green peas Roasted Brussel Sprouts Tropical Fruit Light nonfat vanilla yogurt	Lean LS Country Style Ribs Boneless, Barbecue Sauce LS Pinto beans LS LF Broccoli Salad Cornbread w/ margarine Pear	Kielbasa w/ Peppers and Onions Baby Carrots WW Roll w/ unsalted butter Baked Apple slices Light nonfat vanilla Yogurt	LS Meatloaf Herbed Roasted Potatoes Green Beans w/ unsalted butter WW Roll w/ unsalted butter Orange Sorbet
7	8	9	10	11
Cheeseburger Ground Beef patty, slices of lettuce and tomato w/ Bun / Lettuce and Tomato Potato Salad Carrots Apricot	Green Chili Stew w/ Pork, Potatoes and Vegetables w/Tortilla Tossed Salad w/ LF Dressing Warm Apples	Chicken Alfredo w/Sauce Alfredo Sauce Chicken Pasta Broccoli Garlic Toast Tossed Salad w/ LF Dressing Tropical Fruit	Taco Salad Ground Beef, Lettuce and tomato Cheese, LS Tortilla Chips LS Spanish Rice Corn LS Salsa Pineapples	Ham and Cheese Sandwich Whole Wheat Bread LS Ham, LF Cheese Lettuce and Tomatoes LS Tomato Soup LS Beets
14	15	16	17	18
Chili Relleno Green Chile, Cheese, Red Chili Meat Sauce, lean meat Red chile sauce, Breeding Spinach LS Pinto Beans Spanish Rice SF Gelatin	Salisbury Steak w/ LS Gravy Potato Wedges Broccoli Spears WW Dinner Roll w/ margarine Mandarin Oranges	Orange Chicken Chicken, LS Sauce, sesame seedS Stir Fry Vegetables Steamed Brown Rice Strawberries & Bananas	Green Chile Cheese Lasagna Cheese Green Chile Sauce, Noodles Italian Blend Vegetables Spinach Salad Spinach, Red onion, Cranberries, Lite Raspberry Vinaigrette Wheat roll Apricots	LS Herbed Pork Chop Brown Rice Carrot-raisin salad Asparagus Applesauce
21	22	23	24	25
CENTER CLOSED 	Breaded Cod w/ lemon Scalloped Potatoes Green Beans, onions Coleslaw w/ dressing Wheat Roll Banana	Cheese Tortellini w/Meaty Marinara Beef NAS Marinara Sauce Italian Veggies Tossed salad w/ light Italian dressing Wheat roll w/ margarine Cantaloupe and Grapes	Sweet & Sour Pork Pork, onions, red & green bell peppers Green onions, Sesame Seeds, Sauce Brown Rice Asian Veggies Mandarin Oranges	Swedish Meatballs Meatballs, Sauce Egg Noodles Peas Spinach Salad Spinach, cranberries, Red onion, Egg Light Raspberry Vinaigrette Wheat Roll
28	29	30		
Beef & Papas Ground Beef, Potato Pinto Beans Salsa Capri Blend Vegetables Tortilla Diced Mango	Tuna Salad Sandwich Tuna Salad (Light tuna), Croissant Lettuce, 2 Slices tomato California blend vegetables Low Fat Vanilla Pudding w/ Bananas	Frito Pie Beef, Corn Chips RC Sauce, Lettuce and Tomato Vegetable Medley Carrot Raisin Salad Baked Spiced pears	Abbreviation on menus: NAS - No Added Salt FF-Fat Free LS= Low Sodium HB = Hard Boiled SF = Sugar Free w/ = with LF = Low Fat WW = Whole Wheat LT = Light NF = Non-Fat	Deming Senior Center 800 S Granite St Serving 11am to 12:30pm 575-546-8823 1% Milk Served Daily Menu Subject to Change



ABRIL 2025



LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
	1	2	3	4
	Sándwich de pavo caliente Pavo, salsa baja en sodio, pan de trigo Chicharos Coles de Bruselas asadas Frutas Tropicales Yogur ligero de vainilla sin grasa	Costillas magras LS estilo campestre deshuesadas Salsa Barbacoa LS Frijoles pintos Ensalada de brócoli LS LF Pan de maíz con margarina Pera	Kielbasa con pimientos y cebollas Zanahorias baby Pan Integral con mantequilla sin sal Rodajas de manzana al horno Yogur ligero de vainilla sin grasa	LS Pastel de carne Papas Sasonadas Ejotes verdes con mantequilla sin sal Pan Integral con mantequilla sin sal Naranja Sorbete
7	8	9	10	11
Hamburguesa con queso Hamburguesa de carne molida Lechuga y Tomate con panecillo Ensalada de Papa Zanahoria Chabacanos	Guiso de chile verde con carne de cerdo, papas y verduras Tortilla Ensalada mixta con aderezo LF Manzanas calientes	Pollo Alfredo con salsa Salsa Alfredo Pasta de Pollo Brocoli Tostada de ajo Ensalada mixta con aderezo LF Frutas Tropicales	Ensalada de tacos Carne molida, lechuga y tomate Queso, Chips de Tortilla LS LS Arroz Español Maíz LS Salsa Piñas	Sándwich de jamón y queso Pan de trigo integral LS Jamón, Queso Lechuga y tomates LS Sopa de tomate LS Remolacha
14	15	16	17	18
Chili Relleno Chile verde, queso, , carne magra Salsa de chile rojo, Empanizado Espinaca LS Frijoles Pintos Arroz Español Gelatina SF	Bistec Salisbury con salsa LS Gajos de patata Lanzas de brócoli WW Dinner Roll con margarina Mandarinas	Pollo a la naranja Pollo, salsa LS, semillas de sésamo Verduras salteadas Arroz integral al vapor Fresas y plátanos	Lasaña de queso y chile verde Queso Salsa de chile verde, fideos Mezcla italiana de verduras Ensalada de espinacas Espinacas, cebolla morada, arándanos vinagreta ligera de frambuesa Rollo de trigo Chabacanos	LS Chuleta de cerdo con hierbas Arroz integral Ensalada de zanahoria y pasas Espárragos Pure de manzana
21	22	23	24	25
CENTER CLOSED 	Bacalao empanizado con limón Patatas gratinadas Ejotes verdes, cebollas Ensalada de col con aderezo Rollo de trigo Plátano	Tortellini de queso con carne de res marinara Salsa Marinara NAS Verduras italianas Ensalada mixta con aderezo italiano ligero Panecillo de trigo con margarina Melón y uvas	Cerdo agridulce Carne de cerdo, cebollas, pimientos rojos y verdes Cebollas verdes, semillas de sésamo, salsa Arroz integral Verduras asiáticas Mandarinas	Albóndigas suecas Albóndigas, salsa Fideos de huevo Chicharos Ensalada de espinacas Espinacas, arándanos, cebolla morada, huevo Vinagreta ligera de frambuesa
28	29	30		
Carne de res y papas Carne molida de res, papa Frijoles pintos Salsa Capri Blend Verduras Tortilla Mango cortado en cubitos	Sándwich de ensalada de atún Ensalada de atún (atún ligero), Croissant Lechuga, 2 rodajas de tomate Verduras de mezcla de California Pudín de vainilla bajo en grasa con plátanos	Pastel Frito Carne de res, chips de maíz Salsa RC, lechuga y tomate Popurrí de verduras Ensalada de zanahoria y pasas Peras especiadas al horno	Abbreviation on menus: NAS = No Added Salt FF=Fat Free LS= Low Sodium HB = Hard Boiled SF = Sugar Free w/ = with LF = Low Fat WW = Whole Wheat LT = Light NF = Non-Fat	Deming Senior Center 800 S Granite St Servimos 11am a 12:30pm 575-546-8823 1% de Leche es servido a Dario El Menu esta sujeta a cambio