



February 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Deming Senior Center 800 S Granite St Serving 11am to 12:30pm 575-546-8823 1% Milk Served Daily Menu Subject to Change	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			
3	4	5	6	7
Pepper Steak Beef, Peppers Fried Rice Peas and carrots WW Roll margarine Mixed Green Salad w/ Light Dressing Fruit Cocktail	Pork Chops w/ Gravy Rice Pilaf w/ Mushrooms LS Stewed Tomatoes Biscuit Grapes	Chicken Pot Pie Chicken, Crust, Mixed Vegetables Tossed Salad w/ Light Dressing WW Roll w/ Margarine Banana	Green Chile Cheese Enchiladas Cheese, GC, 2 corn tortillas, Lettuce and tomato LS Pinto Beans Capri Vegetables Gelatin	Spaghetti w/ Meat Sauce Spaghetti, Meat Sauce Meat, NAS Marinara Sauce Italian Vegetables Caesar Salad w/ Dressing Garlic Breadstick Apricots
10	11	12	13	14
Chili Dog turkey frank, Chili con carne, meat, sauce WW hot dog bun NAS Potato Wedges Italian beans w/ unsalted butter Light (SF) Vanilla nonfat yogurt	Carne Adovada Pork, RC Sauce LS Pinto Beans Spinach flour tortilla Strawberry Shortcake Strawberries,	Baked Macaroni w/ Marinara Sauce Macaroni, w/ Marinara Sauce, Cheese Wheat Roll w/ Margarine Green Beans w/ Slivered Almonds Caesar Salad w/ Dressing, Pineapple Chunks w/ Nonfat Vanilla Greek Yogurt	Soft Beef Taco Flour Tortilla, Lettuce, tomato, Cheese, Ground Beef, Salsa LS Spanish Rice Pinto Beans beets w/ radishes Orange	Tuna and Egg Salad Sandwich Tuna, 2 slices wheat bread, Lettuce and tomato Egg, 2 slices Dill Pickle) 10 Baby Carrots 6 Celery Sticks Mixed Fruit
17	18	19	20	21
CLOSED 	Chef Salad Romaine, 1 HB Egg, Turkey, Carrots, Cabbage cucumber, tomato, Chicken, LS Ham FF Ranch Dressing LS WW Crackers Fresh Pear	Chicken and Mushrooms Chicken, LS Gravy, Mushrooms) Penne Pasta w/ unsalted butter Broccoli & Cauliflower Wheat Roll/ Unsalted butter Strawberries Angel food cake	Salisbury Steak, w/ LS Gravy Scalloped Potatoes Vegetable medley w/ unsalted butter Whole Wheat Roll Spiced Peaches	Turkey and Cheese Sandwich Turkey Breast, Swiss Cheese, 2 slices wheat bread Lettuce and 2 slices tomato NAS Stewed Tomatoes w/ Green Chile LS 3 Bean Salad Light Vanilla nonfat yogurt
24	25	26	27	28
Spaghetti w/ Meat Sauce Spaghetti, Meat Sauce, NAS Marinara Sauce Italian Vegetables Caesar Salad w/ Dressing Garlic Breadstick Apricots	Green Chili Chicken Posole GC, Chicken, hominy Tossed salad w/ light ranch dressing flour tortilla Fresh Pear	Grilled Cheese cheese, 2 ww slices wheat bread NAS Veggie Soup w/ Red Kidney Beans 1 Hard Boiled Egg Mandarin oranges and pineapple tidbits	Meatloaf LS Mashed Potatoes California blend vegetables WW Roll w/ unsalted butter Plums	Soft Beef Taco Flour Tortilla, Lettuce, tomato, Cheese, Ground Beef, Salsa LS Spanish Rice Pinto Beans beets w/ radishes Orange



FEBRERO 2025



LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
Deming Senior Center 800 S Granite St Serving 11am to 12:30pm 575-546-8823 1% Milk Served Daily Menu Subject to Change	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			
3	4	5	6	7
Bistec a la Pimienta Con pimientos Arroz frito Guisantes y zanahoria Pan WW con margarina Ensalada verde mixta con aderezo ligero Coctel de Frutas	Chuletas de cerdo con salsa Arroz pilaf con champiñones Tomates guisados LS Panecillo Uvas	Pastel de pollo Pollo, masa y verduras mixtas Ensalada con aderezo ligero Panecillo integral c/ margarina Plátano	Enchiladas de queso y chile verde Queso, GC, 2 tortillas de maíz Lechuga y Tomate Frijoles pintos LS Verduras Capri Gelatina	Espaguetis con salsa de carne Salsa marinara NAS Verduras italianas Ensalada César con aderezo Palitos de pan con ajo Chabacanos
10	11	12	13	14
Chili Dog Salchicha de pavo chili con carne,salsa Pan de hot dog WW Gajos de papa, Frijoles italianos c/ mantequilla sin sal Yogur de vainilla light (SF)	Carne Adobada Cerdo, Salsa RC Frijoles Pintos LS Espinacas Tortilla de harina Tarta de Fresas, fresas	Macarones al horno c/salsa marinara Macarones c/ salsa marinara y queso Panecillo de trigo con margarina Ejotes con almendras Ensalada César con aderezo Trozos de piña con vainilla descremada	Tacos de Carne Blanda Tortilla de harina, lechuga, tomate, queso Carne molida, salsa Arroz español LS Frijoles pintos Remolachas con rábanos Naranja	Sándwich de ensalada de atún y huevo Atún, pan integral, lechuga y tomate Huevo, pepinillos encurtidos zanahorias baby palitos de apio Frutas mixta
17	18	19	20	21
Cerrado 	Ensalada del chef Lechuga romana, huevo cosido, pavo,zanahorias, repollo, Pepino, pollo, jamón LS, Aderezo ranch FF Galletas WW LS Pera fresca	Pollo y champiñones Pollo, salsa LS, champiñones Pasta penne c/ mantequilla sin sal Brócoli y coliflor Panecillo de trigo c/ mantequilla sin sal Fresas con pastel de angel	Filete Salisbury con salsa LS Patatas gratinadas Mezcla de verduras c/ mantequilla sin sal Panecillo de trigo integral Duraznos especiados	Sándwich de pavo y queso Pechuga de pavo, queso suizo, pan integral Lechuga y tomate Tomates guisados NAS con chile verde Ensalada de 3 frijoles LS Yogur vainilla light sin grasa
24	25	26	27	28
Espaguetis con salsa de carne Salsa marinara NAS Verduras italianas Ensalada César con aderezo Palitos de pan con ajo Chabacanos	Posole de pollo con chile verde GC, pollo, maíz molido Ensalada mixta c/ aderezo ranch ligero Tortilla de harina Pera fresca	Sandwich de Queso a la parrilla queso, pan de trigo Sopa de verduras NAS con frijoles rojos 1 huevo cosido Mandarinas y trocitos de piña	Pastel de carne Puré de papas LS Mezcla de verduras de California Panecillo WW c/ mantequilla sin sal Ciruelas	Tacos de carne blanda Tortilla de harina, lechuga, tomate, queso, carne molida, salsa Arroz español LS Frijoles pintos Remolachas con rábanos Naranja