

JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
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	BBQ Chicken Chicken, BBQ Sauce LS stewed okra w/ tomatoes and onions Chuckwagon Corn LF Cornbread w/ margarine Fresh Pear	Red Chile Beef Enchiladas Beef, Cheese, Corn Tortillas, Red Chile Lettuce & Tomato Capri Vegetables LS Spanish Rice Pinto Beans LS SF Berries in Cream, graham Cracker crumbs	Tamale W/Red Chile Pork, Red Chile Sauce,Masa (Spinach & Beans w/ Onion) yellow squash Orange	Meatloaf Mashed Potatoes w/ LS Gravy Green beans and Carrots Wheat bread Fruit cocktail
7	8	9	10	11
Ham & Cheese Sandwich Wheat bread, LS Ham, Swiss Cheese, Lettuce, tomato Tomato and Onion Salad Cold Peas Peaches	Nacho Supreme Ground beef, GC,Tortilla Chips,Jalapeno Cheese, Salsa, green onion, sour cream Calabacitas Spinach Diced Mango	Chicken Fettuccine Alfredo Chicken breast, Fettuccine, Light Alfredo Sauce Cauliflower and Broccoli Wheat roll Orange	Green Chile Stew LS Green Chile Stew Pork, Potatoes & Onions, Green Chile Tossed Salad w/ Light Italian Dressing LF Cornbread w/ margarine Cantaloupe	Navajo Taco Fry Bread, ground beef Lettuce, tomato and Cheese LS Pinto Beans Beet and red onion salad Watermelon
14	15	16	17	18
Beef and Bean Burrito Beef and Beans Cheese, Tortilla Salsa spinach Cilantro Lime Brown Rice Apricots	Chef Salad w/ Chicken and Egg Romaine lettuce, HB Egg, Diced Chicken Tomatoes, Carrots, Cucumbers Light Ranch Dressing WW Crackers Spiced pears	Beef Hot Dog w/ WW Bun Roasted Sweet potatoes Broccoli Watermelon Light Nonfat vanilla yogurt	Tuna Salad Sandwich Tuna Salad, Wheat bread LS Creamy Cucumber Salad LS Cold beets Strawberries and Bananas	Frito Pie Beef Corn Chips, Red Chile LS Pinto Beans Roasted Cauliflower w/ red bell pepper Pineapple Tidbits
21	22	23	24	25
Sloppy Joes Ground beef, sauce, bell peppers WW hamburger bun Okra LS Potato salad Fruit Cocktail	Grilled Cheese Sandwich cheese,WW Bread LS Tomato Soup Tossed salad w/ Light Italian Dressing Strawberries / whipped Topping	Beef Tacos Ground beef, Cheese, Corn tortillas, Lettuce/tomato, Salsa LS Pinto Beans Capri Vegetables Apricots	Fried chicken (Drumstick) LS mashed potatoes/ LS Gravy Green beans w/ mushrooms Cornbread w/ unsalted butter SF Gelatin w/ Pineapple	Chile Relleno Grn chile, cheese, breading, Grn sauce LS pinto beans zucchini and NAS diced tomatoes Flour tortilla Warm Sliced Apples
28	29	30	31	
Cheeseburger Beef,Cheese, Lettuce & Tomato, Bun NAS Baked French Fries Broccoli Fruit Salad	BBQ Pork Sandwich Pork, BBQ sauce, bun) Coleslaw w/ Dressing NAS stewed tomatoes w/ Green Chile banana	Chili w/ Beans Beef, Beans, Red Chili) Tossed Salad w/ Light Ranch Dressing Cornbread Pineapples	Baked Chicken Nuggets LS Herb Roasted Potatoes Cal-Blend Veggies Wheat roll Mandarin Oranges	Deming Senior Center 800 S Granite St Serving 11am to 12:30pm 575-546-8823 1% Milk Served Daily Menu Subject to Change



JULIO 2025				
LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
	1	2	3	4
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7	8	9	10	11
Sándwich de Jamón y Queso Pan integral, jamón serrano, queso suizo, Lechuga, tomate Ensalada de tomate y cebolla Guisantes fríos Duraznos	Nacho Supremo Carne molida, queso cheddar, topos, jalapeño Queso, salsa, cebolla verde, crema agria Calabacitas Espinacas Mango en cubos	Fettuccine Alfredo de Pollo Pechuga de pollo, Fettuccine, Salsa Alfredo Ligera Coliflor y Brócoli Panecillo de trigo Naranja	Guiso de Chile Verde Guiso de Chile Verde LS Cerdo, Papas y Cebollas, Chile Verde Ensalada Mixta con Aderezo Italiano Ligero Pan de Maíz LF con Margarina Melón	Taco Navajo Pan frito, carne molida Lechuga, tomate y queso Frijoles pintos LS Ensalada de remolacha y cebolla morada Sandía
14	15	16	17	18
Burrito de Carne y Frijoles Carne y Frijoles Queso, Tortilla Salsa Espinacas Arroz Integral con Cilantro y Limón Chabacanos	Ensalada del Chef con Pollo y Huevo Lechuga romana, huevo rebozado, pollo en cubos Tomates, zanahorias, pepinos Aderezo Ranch ligero Galletas WW Peras especiadas	Hot Dog de res con panecillo integral Papas Brócoli Sandía Yogur de vainilla ligero y descremado	Sándwich de Ensalada de Atún Ensalada de atún con pan integral Ensalada cremosa de pepino Remolacha fría Fresas y plátanos	Pastel Frito Carne de Res Totopos de Maíz con Chile Rojo Frijoles Pintos LS Coliflor Asada con Pimiento Rojo Trozos de Piña
21	22	23	24	25
Sloppy Joes Carne molida, salsa, pimientos Pan de hamburguesa WW Okra Ensalada de papa LS Cóctel de frutas	Sándwich de Queso a la Plancha Queso, pan integral Sopa de tomate LS Ensalada mixta con aderezo italiano ligero Fresas con crema batida	Tacos de Carne Carne molida, queso, tortillas de maíz, Lechuga/tomate, salsa Frijoles pintos LS Verduras Capri Chabacanos	Pollo Frito (Muslo) Puré de papas sin sal/Salsa sin sal Ejotes con champiñones Pan de maíz con mantequilla sin sal Gelatina sin sal con piña	Chile Relleno Chile verde, queso, empanizado, salsa verde Frijoles pintos medianos Calabacín y tomates picados medianos Tortilla de harina Manzanas tibias en rodajas
28	29	30	31	
Hamburguesa con Queso Carne de res, queso, lechuga y tomate, pan Papas fritas al horno Brócoli Ensalada de frutas	Sándwich de Cerdo a la Barbacoa Cerdo, salsa barbacoa, pan Ensalada de col con aderezo Tomates guisados con chile verde Plátano	Chili con Frijoles Carne, frijoles, chile rojo Ensalada mixta con aderezo ranch ligero Pan de maíz Piñas	Nuggets de Pollo al Horno Papas asadas con hierbas Vegetales Cal-Blend Panecillo de trigo Mandarinas	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