



JUNE 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cobb Salad Romaine lettuce, 1 HB Egg, Diced Chicken Red Cabbage, Cucumbers Cherry tomatoes, baby carrots Light Ranch Dressing LS WW Crackers Mandarin oranges	3 Beef Tostada Beef, 2 corn tortilla, Lettuce and tomato, salsa, cheese LS Pinto beans Capri Vegetables 1 apple	4 Chicken and Rice Casserole Peas and carrots Diced chicken, Sauce, Rice, cheese Broccoli and Red Pepper Fruit compote	5 LS Lean Ham Scalloped potatoes Green Beans Tossed salad w/ Light Italian Dressing Light vanilla nonfat yogurt Tropical Fruit Salad	6 Swedish Meatballs Meatballs, Sauce, Egg Noodles Glazed Carrots Asparagus Garlic bread SF gelatin w/ Apricots
9 Kielbasa Dog Polish Sausage, WW Hot dog Bun Sauerkraut Parsley Potatoes Peppers & onions Chopped Watermelon Light vanilla nonfat yogurt	10 Beef Macaroni Beef, sauce, noodles Green Beans Tossed Salad w/ Light Ranch Dressing LS WW Crackers Apricots	11 Chicken Strips Country gravy LS LF broccoli salad Creamy Cucumber Salad WW Roll W/ unsalted butter Pear	12 Hamburger Beef, Bun Lettuce, Slices tomato, Onion California blend vegetables w/ unsalted butter Tropical Fruit salad	13 Chicken Tacos Chicken, 6in Flour Tortilla, Salsa Lettuce and Tomato Zucchini, w/ diced Tomatoes w/ unsalted butter Mixed Fruit
16 Chicken Fajita 6in Flour Tortilla, diced chicken, salsa Peppers and Onions Cilantro Lime Brown Rice Yellow squash w/ diced tomatoes Spiced Pears	17 Green Chile Meat Burrito Beef, Chile, flour tortilla LS pinto beans LS LF Broccoli Salad Mandarin Oranges & Strawberries	18 Chef salad Romaine lettuce, LS Ham, Turkey 1 HB Egg, Cucumber, Carrots Red cabbage, Red Onions and Tomato Light ranch dressing LS WW crackers Pineapples	19 Salisbury Steak LS Gravy, mushrooms LS Parsley Potatoes Cauliflower w/ margarine WW roll w/ unsalted butter Mixed fruit	20 LS Baked fish Cucumber dill sauce LS Brown rice pilaf French style green beans w/ unsalted butter Green Salad w/ Light Italian Dressing Wheat Roll w/ unsalted butter Grapes
23 Ham and Swiss Cheese Sandwich Ham, cheese, WW bread Lettuce, 2 slices tomato LS Three Bean Salad Roasted Brussel Sprouts Pineapple	24 Taco Salad Meat, cheese, tortilla chips Romaine lettuce and tomato, avocado LS Pinto Beans Fresh Strawberries	25 Pork Chop LS Mashed Potatoes Mediterranean blend vegetable Wheat Roll w/ unsalted butter Applesauce	26 Spaghetti Meat, LS sauce, Noodles Italian Blend Vegetables Spinach salad Spinach, Red onion, cranberries Light Ranch Dressing Wheat roll Tapioca pudding	27 Orange Chicken Brown steamed rice Stir Fry Veggies Vegetable egg roll Mandarins Fortune cookie
30 Tuna Salad Sandwich Tuna, Wheat bread Lettuce, 2 Slices Red Tomato Winter Vegetables Blend w/ margarine French Fries Banana			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



JUNIO 2025



LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
2	3	4	5	6
Ensalada Cobb Lechuga romana, 1 huevo, pollo en cubos Repollo morado, pepinos Tomates cherry, zanahorias baby Aderezo Ranch ligero Galletas integrales Mandarinas	Tostadas de Carne Carne de res, 2 tortillas de maíz, Lechuga y tomate, salsa, queso Frijoles pintos LS Verduras Capri 1 manzana	Cazuela de pollo y arroz Guisantes y zanahorias Pollo en cubos, salsa, arroz y queso Brócoli y pimiento rojo Compota de frutas	Jamón magro LS Papas gratinadas Judías verdes Ensalada mixta con aderezo italiano ligero Yogur ligero de vainilla descremado Ensalada de frutas tropicales	Albóndigas suecas Albóndigas con salsa y fideos de huevo Zanahorias glaseadas Espárragos Pan de ajo Gelatina sin gluten con chabacanos
9	10	11	12	13
Perro caliente Kielbasa Salchicha polaca, pan de hot dog Chucrut Papas con perejil Pimientos y cebollas Sandía picada Yogur ligero de vainilla desnatado	Macarrones con Carne Carne, salsa, fideos Judías verdes Ensalada mixta con aderezo ranch ligero Galletas integrales Chabacanos	Tiras de pollo Salsa campestre Ensalada de brócoli (LS/LF) Ensalada cremosa de pepino Panecillo grande con mantequilla sin sal Pera	Hamburguesa Carne de res, pan Lechuga, rodajas de tomate, cebolla Vegetales californianos con mantequilla sin sal Ensalada de frutas tropicales	Tacos de Pollo Pollo, tortilla de harina , salsa Lechuga y tomate Calabacín con tomate picado y mantequilla sin sal Frutas mixtas
16	17	18	19	20
Fajita de pollo Tortilla de harina pollo en cubos, salsa Pimientos y cebollas Arroz integral con cilantro y limón Calabaza amarilla con tomates en cubos Peras especiadas	Burrito de Carne con Chile Verde Carne de res, chile, tortilla de harina Frijoles pintos LS Ensalada de brócoli LS LF Mandarinas y fresas	Ensalada del Chef Lechuga romana, jamón cocido, pavo 1 huevo cocido, pepino, zanahorias Col lombarda, cebolla morada y tomate Aderezo ranch ligero Galletas de jamón cocido Piñas	Filete Salisbury Salsa de carne con champiñones Papas con perejil Coliflor con margarina Panecillo grande con mantequilla Frutas variadas	Pescado al horno LS Salsa de pepino y eneldo Arroz pilaf integral LS Judías verdes al estilo francés con mantequilla Ensalada verde con aderezo italiano ligero Panecillo de trigo con mantequilla Uvas
23	24	25	26	27
Sándwich de jamón y queso suizo Jamón, queso, pan integral Lechuga, 2 rodajas de tomate Ensalada de tres frijoles Coles de Bruselas asadas Piña	Taco Salad Meat, cheese, tortilla chips Romaine lettuce and tomato, avocado LS Pinto Beans Fresh Strawberries	Chuleta de cerdo Puré de papas LS Vegetal mediterráneo Panecillo de trigo con mantequilla Puré de manzana	Espaguetis Carne, salsa LS, fideos Vegetales italianos Ensalada de espinacas cebolla morada, arándanos rojos Aderezo ranch ligero Panecillo de trigo	Pollo a la naranja Arroz integral al vapor Verduras salteadas Rollito de huevo con verduras Mandarinas Galleta de la suerte
30				
Sándwich de ensalada de atún Atún, pan integral Lechuga, 2 rebanadas de tomate rojo Mezcla de verduras de invierno con margarina Papas fritas Plátano			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