



March 2025



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3		4		5		6		7	
Spaghetti w/ meat sauce NAS Marinara sauce Garden Salad w/ LT ranch dressing Green Beans Wheat roll w/ unsalted butter Cantaloupe		Salisbury Steak Mashed Potatoes Summer Salad w/ LT ranch dressing Baby Carrots Whole Wheat Roll w/ unsalted butter Pear		Green Chile Chicken Enchiladas Chicken,Cheese,corn tortilla,GC sauce Lettuce and tomato Capri Veg w/ unsalted butter Pinto Beans SF Peach Cobbler		Egg Salad Sandwich wheat bread, egg salad(egg, lettuce) Cucumbers and tomatoes Light (SF) nonfat vanilla yogurt Strawberries		LS Braised Pork Chops Carrot and Raisin Salad Yams Whole Wheat Roll Apple	
10		11		12		13		14	
Fried Catfish Coleslaw w/ dressing Okra Whole Wheat roll Mandarin oranges		RC Cheese Enchiladas RC sauce,Shredded Cheese, corn tortilla, lettuce and tomato Zucchini and yellow Squash Pinto beans Plums		Tuna salad Sandwich Tuna salad w/ Tuna Lettuce, wheat bread LS LF broccoli Salad Cucumber and tomato salad Tropical Fruit salad		LS Lemon Pepper Chicken Spinach Salad spinach, HB egg, Red onion, LT ranch dressing LS brown Rice Pilaf Chateau blend vegetables Mixed fruit		Green Chile Cheeseburger patty,cheese, GC, wheat bun lettuce, tomato, onion Roasted cauliflower Sweet potato fries Banana	
17		18		19		20		21	
Beef and Macaroni Beef, Macaroni, Tomato Sauce Normandy Blend Vegetables Wheat roll Strawberries in Sugar Free Gelatin Fat Free whipped Topping		Pork Posole Pork, Hominy, Red Chile Roasted zucchini and yellow squash WW Flour Tortilla Diced Mango		Salisbury Steak LS Gravy w/ Mushrooms Herb Roasted Potatoes Spinach Wheat roll Pears		Tamale w/ Red Chile Pork, LS Red, Chile Sauce, Masa Pinto Beans Capri Vegetables LS WW crackers Fruit Cocktail		Turkey and Cheese Sandwich Turkey, Swiss Cheese, Wheat Bread, Lettuce, tomato Potato Salad Tomato and onion salad Mandarin Oranges Greek Nonfat Vanilla Yogurt	
24		25		26		27		28	
Chicken Cordon Bleu chicken, cheese, Ham LS parsley potatoes Green Beans w/ unsalted butter Wheat Roll w/ unsalted butter Orange		Pepper Steak w/ Peppers and Onions Brown rice Tossed Salad w/Light ranch dressing Asian blend vegetables Pineapple tidbits		Asian Chicken Chicken and Angel Hair Pasta w/unsalted butter Cucumber Salad Stir fry vegetables Pear Fortune Cookie		Cheese Tortellini W/ NAS Marinara Sauce Caesar Salad (Romaine lettuce, tomatoes, LT Caesar Dressing) Italian Blend vegetables w/unsalted butter Whole Wheat Roll w/ unsalted butter Light (SF) nonfat vanilla Yogurt Grapes		Chicken and Mushrooms Chicken, Mushrooms gravy Brown rice Tossed salad w/ LT ranch dressing Vegetable medley w/ unsalted butter Strawberries w/ SF angel Food cake	
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Chicken & Vegetables Chicken breast, LS gravy California blend vegetables w/ unsalted butter Tossed salad w/ LT Ranch Dressing Wheat roll w/ margarine Fruit cocktail						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	



Marzo 2025



LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
3	4	5	6	7
Espaguetis con Salsa de Carne Salsa marinara NAS Ensalada con aderezo ranch LT Ejotes Panecillo de trigo c/mantequilla sin sal Melon	Filete Salisbury Puré de papas Ensalada c/ aderezo ranch LT Zanahorias pequeñas Pancecillo Integral c/ mantequilla sin sal Pera	Enchiladas de Pollo c/Chile Verde Pollo,queso,tortilla de maíz,salsa GC Lechuga y tomate Capri Veg con mantequilla sin sal Frijoles Pintos Pie de Durazano	Sándwich De Ensalada De Huevo Pan de trigo, ensalada de huevo(huevo, lechuga) Pepinos y tomates Yogur de vainilla light (SF) sin grasa Fresas	Chuletas de Puerco Cosido LS Ensalada De Zanahoria Y Pasas Camote Panecillo Trigo Integral Manzana
10	11	12	13	14
Bagre Frito Ensalada de col c/ aderezo Okra Panecillo de trigo integral Mandarinas	Enchiladas De Queso RC Salsa RC,Queso Rallado, Tortilla de maíz, lechuga y tomate Calabacitas y calabaza amarilla Frijoles pintos Ciruelas	Sándwich de Ensalada de Atún Ensalada de atún con atún Lechuga, Pan de trigo Ensalada de brócoli LS LF Ensalada de pepino y tomate Ensalada de frutas tropicales	Pollo LS Al Limón Y Pimienta Ensalada De Espinacas Espinacas, huevo HB, Cebolla morada, aderezo ranch LT Pilaf de arroz integral LS Mezcla de verduras Chateau Fruta Mixta	Hamburguesa con Queso y Chile Verde Hamburguesa, queso, GC, pan de trigo Lechuga, tomate, cebolla Coliflor asada Papas fritas de camote Platano
17	18	19	20	21
Carne De Res Y Macarrones Carne De Res, Macarrones, Salsa De Tomate Verduras mezcladas de Normandía Panecillo de trigo Fresas en Gelatina Sin Azúcar Cobertura batida sin grasa	Posole de Puerco Puerco, maíz molido, chile rojo Calabacín asado y calabaza amarilla Tortilla de Harina WW Mango cortado en cubitos	Filete Salisbury Salsa LS con Champiñones papas asadas con hierbas Panecillo de trigo y espinacas peras	Tamal con Chile Rojo Puerco, LS Roja Salsa Chile, Masa Frijoles Pintos Verduras Capri Galletas LS WW Cóctel de frutas	Sándwich de Pavo y Queso Pavo, Queso Suizo, Pan De Trigo, Lechuga, Tomate Ensalada de papa Ensalada de tomate y cebolla Naranjas mandarinas Yogur griego de vainilla sin grasa
24	25	26	27	28
Pollo Cordon Bleu Pollo, queso, jamón Papas LS perejil Ejotes c/ mantequilla sin sal Panecillo trigo c/ mantequilla sin sal Naranja	Filete A La Pimienta Con pimientos y cebollas Arroz integral Ensalada mixta c/ aderezo ranch ligero Mezcla de verduras asiáticas Bocaditos de piña	Pollo Asiático Pollo y Pasta Cabello de Ángel con mantequilla sin sal Ensalada De Pepino Salteado de verduras Pera Galleta de la fortuna	Tortellini De Queso Con Salsa Marinara NAS Ensalada César (lechuga romana, tomates, aderezo César LT) Mezcla italiana de verduras con mantequilla sin sal Panecillo Integral con mantequilla sin sal Yogur de vainilla ligero (SF) sin grasa Uvas	Pollo y Champiñones Pollo, Salsa De Champiñones Arroz integral Ensalada mixta con aderezo ranchero LT Mezcla de verduras con mantequilla sin sal Fresas con pastel de ángel SF
31				
Pollo y Verduras Pechuga de pollo, salsa LS Mezcla de verduras de California con mantequilla sin sal Ensalada mixta c/ aderezo Ranch LT Panecillo de trigo con margarina Coctel de frutas			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