

MAY 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
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		FRITO PIE Beef, lettuce, tomato, onions, RC sauce, LS pinto beans, Salsa, Corn Chips Broccoli & red bell pepper w/unsalted butter Orange	CHICKEN STRIPS LS Country Gravy Succotash Carrot Coins WW Roll w/unsalted butter Banana
5	6	7	8	9
CHICKEN FRIED STEAK Chicken fried steak, LS pepper gravy LS mashed potatoes Carrots, w/ unsalted butter WW Roll w/ 1 tsp unsalted butter cinnamon apple sauce	BREAKFAST FOR LUNCH Scrambled eggs, reduced fat sausage patty Hashbrowns w/ onions and peppers Wheat bread w/ margarine Fruit salad	GHOULASH Ground beef, elbow macaroni, tomato sauce Broccoli spears w/ unsalted butter Garden Salad w/ FF Ranch Dressing WW crackers Apricots	SWEET & SOUR PORK Sauce, Diced Pork, sesame seeds Brown Rice Stir Fry Vegetables Mandarin Oranges and Pineapple Chunks	PEPPERONI PIZZA Pepperoni, Pizza sauce, Mozzarella cheese Roasted Zucchini red peppers Tossed Salad w/ FF Ranch Dressing Peaches Light Vanilla Nonfat Yogurt
12	13	14	15	16
SALISBURY STEAK Steak, mushrooms, LS Gravy LS Parsley Potatoes Spinach Wheat roll Applesauce	GREEN CHILE CHICKEN STEW Chicken, GC,Potatoes/tomatoes/onions Calabacitas Garden Salad w/Lt Ranch Dressing Cornbread w/ Margarine and Honey Grapes	RED CHILE BEEF ENCHILADAS Red Chile, beef, corn tortillas, cheese shredded lettuce/diced tomato LS Pinto beans California Blend Vegetable Chopped Cantaloupe	LS PORK CHOP w/GC sauce LS Garlic & Dill Red Potatoes Coleslaw (vinegar based dressing) Mixed Fruit	HAM & SWISS SANDWICH LS Ham,Swiss Cheese,wheat bread, Lettuce, onion,tomato Carrot Sticks LS LF broccoli Salad Chopped Honeydew
19	20	21	22	23
CHILE RELLENO Grn chile, cheese, breading LS Pinto Beans Tossed Salad w/light ranch dressing Flour tortilla sliced apples	PORK RIB SANDWICH Lean boneless pork, bun LS Coleslaw (w/ vinegar and oil dressing) Chateau blend veg Chopped Cantaloupe	TUNA & SHELLS (COLD) Macaroni, Tuna, reduced fat Mayo LS Tomato Soup Tossed salad w/ light Italian dressing LS ww Crackers Fruit Salad	ORANGE CHICKEN Chicken, sauce Brown Rice Asian Vegetables Vegetable Egg Roll mandarin oranges w/ SF gelatin	SLOPPY JOES Ground beef, sauce, bell peppers, WW hamburger bun LS Parsley Potatoes Roasted Brussel Sprouts SF Spiced Peaches
26	27	28	29	30
CENTER CLOSED 	BEEF FAJITAS Beef, Pepper & Onions, Tortilla Cheese, salsa LS Pinto Beans SF Gelatin w/ Whipped topping Orange	MANICOTTI w/ Ricotta Cheese, NAS Marinara Sauce, Manicotti Pasta shell Tossed Salad w/ Lt Italian Dressing Spinach w/ garlic, white beans, margarine LS WW crackers Peaches	OPEN HOT TURKEY SANDWICH Turkey, Wheat Bread, LS Gravy LS Mashed Potatoes Chateau Blend Vegetables Apple	BEEF PATTY w/ LS GRAVY w/ MUSHROOMS Egg Noodles w/ margarine Mediterranean blend Cornbread w/ Honey Fruit Cocktail

Mayo 2025

LUNES		MARTES		MIERCOLES		JUEVES		VIERNES	
5		6		7		8		9	
FILETE DE POLLO FRITO Filete de pollo frito, salsa de pimienta LS Puré de papas LS Zanahorias, con mantequilla sin sal WW Roll con mantequilla sin sal Puré de manzana y canela		DESAYUNO PARA EL ALMUERZO Huevos revueltos, salchicha baja en grasa Papas fritas con cebollas y pimientos Pan de trigo con margarina Ensalada de frutas		GHOULASH Carne molida, macarron de codo, salsa de tomate Lanzas de brócoli con mantequilla sin sal Ensalada de jardín con aderezo FF Ranch Galletas WW Chabacanos		CARNE DE PUERCO AGRIDULCE Salsa, cerdo cortado en cubitos, semillas de sésamo Arroz integral Verduras salteadas Mandarinas y trozos de piña		PEPPERONI PIZZA Pepperoni, salsa para pizza, queso mozzarella Calabaza asada Pimientos rojos Ensalada mixta con aderezo FF Ranch Duraznos Yogur ligero de vainilla sin grasa	
12		13		14		15		16	
BISTEC DE SALISBURY con salsa de champiñones Bistec, champiñones, salsa LS LS Papas Perejil Espinaca Rollo de trigo Pure de manzana		GUISO DE POLLO CON CHILE VERDE Pollo, GC, Patatas/tomates/cebollas Calabacitas Ensalada de jardín con aderezo ranch Lt Pan de maíz con margarina y miel Uvas		ENCHILADAS ROJAS CON CARNE Chile rojo, carne de res, tortillas de maíz, queso lechuga rallada/tomate cortado en cubitos LS Frijoles pintos Mezcla de vegetales de California Melón picado		LS CHULETA DE CERDO con salsa GC LS Papas Rojas con Ajo y Eneldo Ensalada de col (aderezo a base de vinagre) Frutas Mixtas		SÁNDWICH DE JAMÓN Y SUIZO LS Jamón, queso suizo, pan de trigo, Lechuga, cebolla, tomate Palitos de zanahoria Ensalada de brócoli LS LF Melon picado	
19		20		21		22		23	
CHILE RELLENO Grn chile, queso, empanizado LS Frijoles Pintos Ensalada mixta con aderezo ranch ligero Tortilla de harina Manzana en rajas		SÁNDWICH DE COSTILLA DE CERDO Carne magra de cerdo deshuesada, panecillo LS Ensalada de col (con aderezo de vinagre y aceite) Chateau mezcla de verduras Melón picado		ATÚN Y CONCHAS (FRÍO) Macarrones, atún, mayonesa descremada LS Sopa de tomate Ensalada mixta con aderezo italiano ligero LS ww Galletas Ensalada de frutas		POLLO A LA NARANJA Pollo, salsa Arroz integral Verduras asiáticas Rollito de verduras Mandarinas con gelatina SF		SLOPPY JOES Carne molida, salsa, pimientos morrones, Pan de hamburguesa WW LS Papas Perejil Coles de Bruselas asadas Duraznos especiados SF	
26		27		28		29		30	
CENTRO CERRADO 		FAJITAS DE RES Carne de res, pimienta y cebolla, tortilla Queso, salsa LS Frijoles Pintos Gelatina SF con cobertura batida Naranja		MANICOTTI con Ricota NAS Salsa Marinara, Manicotti Pasta shell Ensalada mixta con aderezo italiano Lt Espinacas con ajo, frijoles blancos, margarina Galletas LS WW Duraznos		SÁNDWICH DE PAVO CALIENTE ABIERTO Pavo, pan de trigo, salsa LS LS Puré de papas Mezcla de verduras Chateau Manzana		CARNE DE RES CON LS SALSA de CHAMPIÑONES Fideos de con margarina Mezcla mediterránea Pan de maíz con miel Cóctel de frutas	