



OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Chicken Tetrzzini California Vegetables Crackers Apple Crisp	Baked Macaroni & Cheese Spinach Dinner Roll w/Margarine Chocolate Pudding	Zesty Steak Chili Cornbread Three Bean Salad Peaches & Strawberries	Garden Pork Stir Fry White Rice Broccoli Wheat Roll & Margarine Sliced Pineapple	Philly Steak Sandwich Potato Wedges Broccoli Spiced Apple
9	10	11	12	13
Grilled Cheese Sandwich Tomato Soup Tossed Salad & Dressing Low Sodium Crackers Sliced Pineapple	Spaghetti & Sauce Broccoli with Cheese Sauce Garlic Bread Peaches	Country Style Chicken Mashed Potatoes / Gravy California Veggies Wheat Roll / Margarine Chocolate Pudding	Beef Tips Over Noodles Sweet peas Three Bean Salad Pears <small>Discovery of Amer</small> 	Chicken Enchilada Lettuce & Tomato Pinto Beans Spanish Rice Mixed Fruit
16	17	18	19	20
Green Chili Stew Pinto Beans Tossed Salad & Dressing Flour Tortilla Tapioca Pudding	Hamburger Steak Brown Gravy w/ Mushrooms Mashed Potatoes Green Beans with Onions Wheat Roll & Margarine Pineapple	Beefaroni Green Beans Tossed Salad Garlic Bread Apricots	Baked Fish Parsley Potatoes Broccoli Dinner Roll & Margarine Fruit Cocktail	2 Chicken Soft Tacos Pinto Beans Calabacitas w/Green Chili Bread Pudding
23	24	25	26	27
Chili Dog Baked Potato Wedges Mixed Vegetables Mandarin Oranges	Burrito Spanish Rice Salsa Corn Salad & Dressing Spiced Apple	Chicken Paprikash Herbed Potatoes Green Beans Whole Wheat Bread/Margarine Pineapple	Pork Posole Cabbage/Radishes French Bread Sherbert Cup	Meatballs Wild Rice Italian Vegetables Wheat Roll & Margarine Mixed Fruit
30	31			
Roast Beef Mashed Potatoes & Gravy Mixed Vegetable Whole Wheat Bread/Margarine Pears	Pepperoni Pizza Spinach Salad/Dressing Mixed Vegetables Pineapple Chunks			Deming Senior Center 575-546-8823 <i>1% milk served daily</i> MENU SUBJECT TO CHANGE