


# JULY

# 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<i>Pepper Steak Steamed Rice Brussel Sprouts Carrot/Raisin Salad Wheat Roll &amp; Margarine Banana Pudding</i>	<i>Baked Macaroni &amp; Cheese Brussel Sprouts Whole Wheat Roll/Margarine Chocolate Pudding</i>	<i>Beef Fajita Pinto Beans &amp; Spanish Rice Pico de Gallo Tortilla Cottage Cheese &amp; Peaches</i>	<i>Cheeseburger Lettuce &amp; Tomato Onions &amp; Pickles Potato Salad Sherbet</i>	<i>Chicken Fettuccini Alfredo Sauce Carrots and Peppers Garlic Bread Sliced Pears</i>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<i>Spaghetti &amp; Sauce Broccoli with Cheese Garlic Bread Peaches</i>	<i>Roasted Chicken Mashed Potatoes and Gravy Green Beans Dinner Roll &amp; Margarine Tropical Fruit</i>	<i>Beef Enchilada Salad &amp; Dressing Pinto Beans Spanish Rice Mandarin Oranges</i>	<i>Baked Cajun Fish Wild Rice Cauliflower/Carrots Biscuit &amp; Margarine Low Fat Yogurt</i>	<i>Pork Posole Cabbage/Radishes French Bread Sherbet Cup</i>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<i>Beefaroni Green Beans Tossed Salad Garlic Bread Applesauce</i>	<i>Baked Fish Herbed Potatoes Broccoli Dinner Roll/Margarine Apricots</i>	<i>Beef Tips/Noodles Sweet Peas Three Bean Salad Wheat Roll &amp; Margarine Mixed Fruit</i>	<i>Oven Baked Chicken Mashed Potatoes / Gravy Island Veggies Wheat Roll &amp; Margarine Peaches</i>	<i>Salisbury Steak Mashed Potatoes / Gravy Peas &amp; Carrots Wheat Roll/ Margarine Apricots</i>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<i>Green Chili Stew Pinto Beans Tossed Salad / Dressing Flour Tortilla Tapioca Pudding</i>	<i>Meatballs Steamed Rice Italian Vegetables Wheat Roll &amp; Margarine Fruit Cocktail</i>	<i>BBO Chicken Baked Beans Potato Salad Biscuit &amp; Margarine Butterscotch Pudding</i>	<i>Baked Macaroni &amp; Cheese Brussel Sprouts Whole Wheat Roll/Margarine Chocolate Pudding</i>	<i>Chicken Tenders Au Gratin Potatoes Baby Carrots Wheat Roll &amp; Margarine Fruit Cocktail</i>
<b>31</b>				
<i>Chili Dog Baked Potato Wedges Mixed Vegetables Mandarin Oranges</i>				<b>DEMING SENIOR CENTER</b> 575-546-8823 1% Milk is Offered Daily <b>MENU IS SUBJECT TO CHANGE</b>