

MARCH

2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
DEMING SENIOR CENTER 800 S Granite St 575-546-8823 Lunch Served 11am to 12:30pm 8 oz. 1% Milk Served Daily MENU SUBJECT TO CHANGE	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			Chile Beans Roasted Zucchini Yellow Squash LF Cornbread/unsalted butter Dried Apple Crisps
4	5	6	7	8
Shepard's Pie Green Beans Salad w/ Light Ranch Dressing Wheat Roll w/Margarine 1 Orange Sugar Free FF Vanilla Ice Cream	Chicken Wrap Salad with Light Italian Dressing 8 Inch Tortilla Capri Vegetables	Pork Chop / Low Sodium Gravy Scalloped Potatoes Broccoli Wheat Roll & Margarine Applesauce	Green Chili Stew Pinto Beans Salad w/Light Ranch Dressing Flour Tortilla Apricots	Beefaroni Beets Salad w/Light Italian Dressing Wheat Roll/Margarine Spiced Peaches
11	12	13	14	15
Zesty Steak Chili Cornbread/Margarine Three Bean Salad Vegetable Medley Peaches & Strawberries	BBQ Chicken Brussel Sprouts Potato Salad Biscuit/Margrine SF Vanilla Pudding	Beef Tips w/Mushrooms Brown Rice Tossed Salad w/Light Ranch Dressing Mandarin Oranges Tapioca Pudding	Chicken Adovada LS Pinto Beans Spinach w/Margarina 6 in Flour Tortilla Tropical Fruit Salad	Baked LS Cajun Cod Wild Rice Cauliflower & Carrots Biscuit & Margarine Low-fat Plain Yogurt Apricots
18	19	20	21	22
Corned Beef & Cabbage Carrots w/unsalted butter Parsley Potatoes Wheat Roll w/Margarine Lime Sherbert Low-fat Plain Yogurt/Banana	Chicken Tenders Herb Roasted Potatoes California Blend Vegetables Wheat Roll w/Margarine Fruit Cocktail	Tuna Salad Sandwich LS Tomato Soup Creamy Cucumber Salad Warm Apple Slices	Pepper Steak Steamed Brown Rice Green beans w/Margarine Carrot/Raisin Salad Lemon Pudding	Baked Macaroni & Cheese Italian Blend Vegetables Plain Lowfat Yogurt with Berries
25	26	27	28	29
LS Baked Chicken Thighs/Herbs Sweet Potatoes Roasted Cauliflower Wheat Roll w/Margarine Tropical Fuits	Grilled Cheese Sandwich Vegetable Soup Spinach Salad LS Light Raspberry Dressing Strawberries/Whipped Topping	Chicken Tetrazzini 3 Bean Salad Tossed Salad w/ FF Ranch Dressing Whole Wheat Roll/margarine Pear	Beef Tacos <i>(Cheese, lettuce,tomatoes)</i> 6 inch Flour Tortilla Corn w/Pepper Roasted Carrots Peaches	CLOSED - GOOD FRIDAY