

# APRIL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	
<b>Roasted Chicken</b> 3 oz. Mashed Potatoes 4 oz./ Gravy 1oz Green Beans 4 oz. Wheat Roll 1 / Margarine 1 oz. Tropical Fruit 4 oz.	<b>Baked Macaroni &amp; Cheese</b> 6 oz. Brussel Sprouts 4 oz. Wheat Roll 1 /Margarine 1T Chocolate Pudding 4 oz.	<b>Zesty Steak Chili</b> 3 oz. Cornbread 1 Three Bean Salad 4 oz. Peaches & Strawberries 4 oz.	<b>Salisbury Steak</b> 3 oz. Mashed Potatoes 4 oz./Gravy 2T Peas & Carrots 4 oz. Wheat Roll 1 / Margarine 1 oz. Oranges 4 oz.	<b>Chicken Adovada</b> 3 oz. Pinto Beans 4 oz. Spinach 8 oz. Flour Tortilla 1 Rice Pudding 4 oz.	
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	
<b>Cheeseburger</b> 3 oz. Lettuce & Tomato 1 oz. ea. Onions & Pickles 1 oz. ea. Potato Wedges 4 oz. Sherbert 4 oz.	<b>Beefaroni</b> 8 oz. Green Beans 4 oz. Tossed Salad 4 oz. Garlic Bread 1 Apricots 4 oz.	<b>Grilled Cheese Sandwich</b> 2 oz. Tomato Soup 1c Tossed Salad 1/2c & Dressing 2T Low Sodium Crackers 6 Sliced Pineapple 4oz.	<b>Sweet &amp; Sour Chicken</b> 4oz. Wild Rice 8 oz Midori Blend Vegetables 8 oz Wheat Bread 1/Margarine 1T Spiced Peaches 4 oz.	<b>Pizza</b> 1 slice Sausage 3oz. Spinach Salad 4oz./Dressing 2T Mixed Vegetables 4oz. Pears 4oz. Penut Butter Cookie 1	
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	
<b>Beef Tacos</b> 2 Lettuce/Tomato 4 oz. ea. Spanish Rice 4 oz. Pinto Beans 4 oz. Apricots 4 oz.	<b>Chicken Cutlet</b> 3 oz. Green Beans 4 oz. Beets 4 oz. Wheat Roll 1 / Margarine 1T Mixed Fruit 4 oz.	<b>Pork Stir-Fry</b> 3 oz. Stir Fry Vegetables 4 oz. Salad 4 oz. / Dressing 2T Wheat Roll 1 / Margarine 1T Apple Crisp 4 oz.	<b>Meatloaf</b> 3oz. AuGratin Potatoes 4 oz. California MixedVegetables 4 oz Roll 1 & Margarine 1T Mandarin Oranges 4 oz.	<b>Baked Fish Paprika</b> 3 oz Broccoli & Cauliflower 8 oz Wheat Bread 1 / Margarine 1T Honey Dew in Yogurt 1/2c Cherry Pie 1 slice	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	
<b>GC Chicken Enchilada</b> 3 oz. Lettuce & Tomato 2 oz. ea. Pinto Beans 4 oz. Spanish Rice 4 oz. Gelatin/Apricots 4 oz. ea.	<b>Roast Beef</b> 3 oz Mashed Potatoes 4 oz Mixed Vetables 8 oz. Wheat Roll 1 / Margarine 1T Pears 4 oz.	<b>Chili Dog</b> (1 Frank, 2 oz. Chili, 1 Bun) Baked Potatoe Wedges 1/2c Mixed Vegetables 4 oz Mandarin Oragnes 4 oz	<b>Pork Chop</b> 3 oz. / Gravy 2T Scalloped Potatoes 4 oz. Broccoli 4 oz Wheat Roll 1 / Margarine 1 oz. Apple Sauce 4 oz	<b>Spaghetti</b> 4 oz & Sauce 4 oz Italian Vegetables 1/2c Spinach Salad 1c Low Fat Salad Dressing 2T Garlic Bread 1- Peaches	
<b>30</b>					
<b>Oven Baked Chicken</b> 3oz. Mixed Island Veggies 4 oz. Mashed Potatoes / Gravy 4 oz. Wheat Roll 1 / Margarine 1T Peaches 4 oz.	<b>DEMING SENIOR CENTER</b> 800 S. Granite Deming, NM 88030 575-546-8823 8oz 1% MILK OFFERED DAILY <b>MENU SUBJECT TO CHANGE</b>				This menu plan meets the standards of the Older Americans Act. This menu plan meets the lunch calorie level of 700. This menu plan meets the requirements for 1/3 DRI in protein, iron, calcium, Vitamin A, Vitamin C, Vitamin B-12, Fiber & Sodium.