




JANUARY 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 The Center is Closed 	2 Beef Tips & Wild Rice Broccoli Tossed Salad Wheat Roll & Margarine Pears	3 Meatloaf Au Gratin Potatoes California Mixed Vegetables Roll & Margarine Mandarin Oranges	4 Baked Macaroni & Cheese Brussel Sprouts Whole Wheat Roll/Margarine Chocolate Pudding
7	8	9	10	11
BBQ Pork Chop Scalloped Potatoes Brussel Sprouts Wheat Bread Apricots	Spaghetti & Sauce Broccoli w/Cheese Sauce Garlic Bread Peaches	Beef Fajita Pinto Beans & Spanish Rice Pico de Gallo Tortilla Cottage Cheese & Strawberries	Chicken Paprikish Herbed Potatoes Green Beans Wheat Roll & Margarine Pineapple Chunks	Hot Turkey Sandwich Poultry Gravy California Veggies Beet & Onion Salad Applesauce
14	15	16	17	18
Meatballs Steamed Rice Italian Vegetables Wheat Roll & Margarine Fruit Cocktail	Chili Dog Baked Potato Wedges Mixed Vegetables Mandarin Oranges	Beef Stew Green Beans Crackers Banana Pudding	Beef Tips/Noodles Sweet Peas Three Bean Salad Wheat Roll & Margarine Peras	Baked Cajun Fish Wild Rice Cauliflower/Carrots Biscuit & Margarine Low Fat Yogurt
21	22	23	24	25
Meatloaf Au Gratin Potatoes California Mixed Vegetables Roll & Margarine Mandarin Oranges	Zesty Steak Chili Cornbread Three Bean Salad Peaches & Strawberries	Baked Macaroni & Cheese Brussel Sprouts Whole Wheat Roll/Margarine Chocolate Pudding	Garden Pork Stir-Fry Stir-Fry Vegetables White Rice Broccoli Whole Weat Roll/Margarine Sliced Pineapples	Baked Fish Sweet Potatoes & Margarine Broccoli Salad Dinner Roll & Margarine Apricots
28	29	30	31	
Chicken Fettuccini Alfredo Sauce Carrots and Peppers Garlic Bread Sliced Pears	Philly Cheesesteak Sandwich Potato Wedges Green Beans Pineapple	Green Chili Stew Pinto Beans Tossed Salad / Dressing Flour Tortilla Tapioca Pudding	Chicken Tenders Au Gratin Potatoes Baby Carrots Wheat Roll & Margarine Fruit Cocktail	Deming Senior Center <i>575-546-8823</i> <i>800 S. Granite Street</i> <i>8oz 1% Milk</i> <i>Milk is Offered Daily</i> MENU SUBJECT TO CHANGE