




2018



# FEBRUARY 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p><b>Deming Senior Center</b> 575-546-8823 1% Milk is Offered Daily Menu Subject to Change</p>						<p><b>1</b> <b>Italian Chicken 3 oz</b> Buttered Spaghetti 4 oz Italian Mixed Veggies 4 oz Tossed Salad 4 oz Garlic Bread 4 oz Apricots 4 oz</p>		<p><b>2</b> <b>Meatballs 3 oz</b> Wild Rice 4oz Carrots &amp; Peppers 4 oz 1 Breadstick Fruit Yogurt 4 oz</p>	
<b>5</b>				<b>6</b>		<b>7</b>		<b>8</b>	
<p><b>Cheeseburger 3 oz.</b> 1 oz Cheese/Mayonnaise 1 T Lettuce 1 oz &amp; Tomato 1 oz Onions 1 oz &amp; Pickles 1 oz Potato Salad 4 oz Vanilla Ice Cream 1 oz</p>		<p><b>Roasted Chicken 3 oz</b> Mashed Poatoes 4 oz with gravy 1 oz Green Beans 4 oz Whole Wheat Dinner Roll Tropical Fruit 4 oz</p>		<p><b>Meatloaf 3 oz.</b> Scalloped Potatoes 4 oz Carrot Raisin Salad 3/4 cup 1 Roll &amp; Margarine 1T Mandarin Oranges 4 oz</p>		<p><b>Beef Tips 3 oz/Noodles 8 oz</b> Sweet Peas 4 oz Three Bean Salad 4 oz Wheat Roll &amp; Margarine 1 T Pears 4 oz</p>		<p><b>1 Pizza</b> Sausage 3 oz Spinach Salad 4 oz/Dressing 2T Mixed Vegetables 4 oz Pineapple 4 oz 1 Peanut Butter Cookie</p>	
<b>12</b>		<b>13</b>		<b>14</b>		<b>15</b>		<b>16</b>	
<p><b>Zesty Steak Chili 3 oz</b> Cornbread 1 Slice Three Bean Salad 4 oz Peaches &amp; Strawberries 4 oz</p>		<p><b>Chicken Paprikash 3 oz</b> Herbed Potatoes 4 oz Green Beans 4 oz Wheat Roll &amp; Margarine 1T Pineapple Chunks 4 oz</p>		<p><b>Roast Beef 3 oz.</b> Mashed Potatoes 3/4 cup Mixed Vegetables 1 cup Wheat Roll &amp; Margarine 1T Pear 4 oz. </p>		<p><b>Spaghetti</b> Pasta 4 oz/Meat Sauce 3 oz Broccoli 4 oz with Cheese Sauce 2 T 1 Slice Garlic Bread Peaches 3/4 cup</p>		<p><b>Baked Cajun Fish 3 oz</b> Wild Rice 3/4 cup Cauliflower &amp; Carrots 1 cup 1 Biscuit w/ Margarine 1T 1/2 cup Lowfat Yougurt</p>	
<b>19</b>		<b>20</b>		<b>21</b>		<b>22</b>		<b>23</b>	
<p><b>CENTER CLOSED</b>  PRESIDENTS DAY</p>		<p><b>Garden Pork Stir Fry 8 oz</b> White Rice 4 oz Broccoli 4 oz Wheat Roll &amp; Margarine 1T Sliced Pineapple 4 oz</p>		<p><b>BBQ Chicken 3 oz</b> Baked Beans 4 oz Potato Salad 4 oz 1 Biscuit/ Margarine 1T Butterscotch Pudding 4 oz</p>		<p><b>Salisbury Steak 3 oz.</b> Mashed Potatoes 4 oz. Gravy 2 t Peas &amp; Carrots 4 oz. Wheat Roll &amp; Margarine 1T Apricots 4 oz</p>		<p><b>Baked Macaroni &amp; Cheese 6 oz</b> Brussels Sprouts 4 oz 1 Dinner Roll w/Margarine 1T Chocolate Pudding 4 oz</p>	
<b>26</b>		<b>27</b>		<b>28</b>					
<p><b>Chicken Tenders 3 oz</b> AuGratin Potatoes 4 oz Baby Carrots 8 oz Wheat Roll &amp; Margarine Fruit Cocktail 4 oz</p>		<p><b>Green Chili Stew 8 oz</b> Pinto Beans 4 oz Tossed Salad 8 oz / Dressing 2T 1 Flour Tortilla Tapioca Pudding 4 oz</p>		<p><b>Beefaroni</b> 3 oz. Beef/1 oz Sauce/ 4 oz Pasta Green Beens 4 oz Tossed Salad 4 oz 1 Slice Garlic Bread Apple Sauce 4 oz</p>		<p>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 &amp; Sodium.</p>			