


APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
CENTER CLOSED 	Chili Dog (Turkey Frank) Whole Wheat Bun NAS Potato Wedges Italian Beans Light Vanilla NonFat Yogurt Fruit Salad	Meatloaf LS Mashed Potatoes Green Beans Whole Wheat Roll w/Margarine Plums Oatmeal Cookie	Grilled Cheese WW Bread NAS Veggie Soup with Red Kidney Beans Hard Boiled Egg Mandarin Oranges Pineapple Tidbits	LS Beef Barley Soup Caesar Salad w/Light Dressing Wheat Roll Apple Crisp
8	9	10	11	12
BBQ Chicken Breast Tossed Salad LS Baked Beans Cucumber & Onion Salad Biscuit Watermelon	Carne Adovada LS Pinto Beans Spinach Flour Tortilla Strawberry Shortcake Strawberries	Baked Macaroni/Marinara Sauce Green Beans w/Slivered Almonds Caesar Salad w/Dressing Wheat Roll w/ margarine Pineapple Chunks Nonfat Vanilla Greek Yogurt	Soft Beef Taco LS Spanish Rice Pinto Beans Beets w/ Radishes Orange	Tuna & Egg Salad Sandwich Baby Carrots Celery Sticks Mixed Fruit
15	16	17	18	19
Pepper Steak Fried Rice w/Peas & Carrots WW Roll w/margarine Mixed Greens Salad with Light Dressing Fruit Cocktail	Pork Chops w/LS Gravy Rice Pilaf w/Mushrooms LS Stewed Tomatoes Biscuit Grapes	Chicken Pot Pie Tossed Salad w/Light Dressing Whole Wheat Roll w/margarine Banana	GC Cheese Enchilada LS Pinto Beans Capri Vegetables Gelatin	Spaghetti w/Meat Sauce Italian Vegetables Cesar Salad w/Dressing Garlic Breadstick Apricots
22	23	24	25	26
Turkey & Cheese Melt Pureed Broccoli Soup LS WW Crackers California Blend Vegetables Vanilla NonFat Yogurt Mandarin Oranges	LS Baked Tilapia Coleslaw LS Rice Pilaf Brussel Sprouts Wheat Roll w/Margarine Tapioca Pudding	Chile Beans Spinach Salad/Dressing Roasted Zucchini LF Cornbread/Unsalted butter Apple Slices	Chicken Fettuccini Alfredo Italian Blend Vegetables Wheat Roll w/Margarine SF Gelatin with Banana	Cheese Ravioli Brussel Sprouts Butter Corn Garlic Roll Peaches
29	30	Menu Abbreviations		
Beef Stew Tossed Salad with FF Ranch Dressing WW Tortilla Apricots	Chicken Thighs LS Brown Rice Pilaf Asian Vegetables WW Roll w/Margarine Tropical Fruit Salad	DEMING SENIOR CENTER 800 S Granite St 575-546-8823 Lunch Served 11am-12:30pm 8 oz. 1% Milk Served Daily MENU SUBJECT TO CHANGE		