



# DECEMBER 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Deming Senior Center</b>  <b>800 S Granite St</b>  <b>Serving 11am to 12:30pm</b>  <b>575-546-8823</b>  <b>1% Milk Served Daily</b>  <b>Menu Subject to Change</b></p>	<p><b>Abbreviation on menus:</b>  <b>NAS - No Added Salt FF-Fat Free</b>  <b>LS= Low Sodium HB = Hard Boiled</b>  <b>SF = Sugar Free w/ = with</b>  <b>LF = Low Fat WW = Whole Wheat</b>  <b>LT = Light NF = Non-Fat</b></p>			<p style="text-align: center;">1</p> <p><b>Oven Baked Chicken</b>            LS Mashed Potatoes/LS Gravy            Tossed Salad/FF Ranch Dressing            Vegetable Medely/Unsalted Butter            Wheat Roll/Margarine            Spiced Peaches</p>
4	5	6	7	8
<p><b>Turkey &amp; Cheese Melt</b>            Pureed Broccoli Soup            LS WW Crackers            California Blend Vegetables            Vanilla NonFat Yogurt            Mandarin Oranges</p>	<p><b>LS Baked Tilapia</b>            Coleslaw            LS Rice Pilaf            Brussel Sprouts            Wheat Roll w/Margarine            Tapioca Pudding</p>	<p><b>Chile Beans</b>            Spinach Salad/Dressing            Roasted Zucchini            LF Cornbread/Unsalted butter            Apple Slices</p>	<p><b>Chicken Fettuccini Alfredo</b>            Italian Blend Vegetables            Wheat Roll w/Margarine            SF Gelatin with            Banana</p>	<p><b>Cheese Ravioli</b>            Brussel Sprouts            Butter Corn            Garlic Roll            Peaches</p>
11	12	13	14	15
<p><b>Pepperoni Pizza</b>            Garden Salad with            FF Ranch Dressing            Garbanzo Beans            NonFat Vanilla Yougurt            Strawberries</p>	<p><b>Beef Stew</b>            Steamed Cabbage            Tossed Salad w/FF Ranch Dressing            6 LS WW Crackers            Orange (fresh)</p>	<p><b>BBQ Pulled Pork on a Bun</b>            Pasta Salad            Beets w/ unsalted butter            Honeydew</p>	<p><b>Chicken Tenders</b>            LS Mashed Potatoes            LS Garvy            Carrots w/unsalted butter            Cornbread            Angel Food Cake w/Cherry Topping</p>	<p><b>Green Chile Cheeseburger</b>            NAS Baked French Fries            Winter Blend Vegetables in            unsalted butter            Fruit Cocktail</p>
18	19	20	21	22
<p><b>1 Chile Relleno</b>            LS Pinto Beans            Mediterranean Blend/Unsalted butter            WW Flour Tortilla/Unsalted butter            Apple</p>	<p><b>GC Cheese Chicken Sandwich</b>            Celery Sticks            Baby Carrots w/Margarine            Sun Chips            Peaches</p>	<p><b>Grilled Cheese Sanddwich</b>            LS Tomato Soup            Capri Vegetables w/Margarine            1 HB Egg            NonFat Vanilla Greek Yogurt            Tropical Fruit Salad</p>	<p><b>Christmas Ham</b>            Sweet Potatoes w/Pecans            Green Beans w/Red Peppers            Whole Wheat Roll            Fruit Salad w/NF Vanilla Yogurt            1 Sugar Cookie</p>	<p><b>Pork Posole</b>            Roasted Zucchini            Tossed Salad w/FF Ranch Dressing            1 WW Flour Tortilla            Mango</p>
25	26	27	28	29
<p><b>CENTER IS CLOSED</b></p>		<p><b>Hot Dog (Turkey)</b>            LS Ranch Beans            Parsley Potatoes            LS LF Broccoli Salad            Blueberries in Crisp</p>	<p><b>Chicken Fajitas</b>            Flour Tortilla            Yellow Squash            Black Beans            Apricots</p>	<p><b>Spaghetti w/Meat Sauce</b>            Italian Blend Veggies            Tossed Salad with            FF Itailan Dressing            Banana (fresh)</p>