



Menu #514 Stuffed Cabbage

8 oz. Stuffed Cabbage (3 oz. Beef, 4 oz. Rice, 1 oz. Cabbage)
6 oz. Spinach
4 oz. Carrots
1 Wheat Roll w/ 1tsp. Margarine
1 sl. Strawberry Shortcake W/ 2 oz. Strawberries
8 oz. 1% Milk

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 and Sodium. In addition, this menu plan is 45-55% of calories from Carbohydrates, 25-35% of calories from Fat and 15-25% of calories from Protein.

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North Central New Mexico Economic Development District
Council of Governments
Non-Metro Area Agency on Aging
PO Box 5115 Santa Fe NM 87502
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Nutrient	Requirement	Menu
Calories	700	726
% Carbohydrates from Calories	45-55%	45%
% Protein from Calories	15-25%	24%
% Fat from Calories	25-35%	30%
Saturated Fat	less than 8g	7.9g
Fiber	5-7g	11g
Vitamin B-12	.8ug	3.4ug
Vitamin A	300ug RAE	1767ug
Vitamin C	30mg	62mg
Iron	2.6mg	11mg
Calcium	400mg	637mg
Sodium	Less than 1000mg	735mg

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