



RAMAH CENTER JANUARY 2013

8 oz. 1% Milk Served With All Meals		Wednesday 2, 2013 1 Red Enchilada 4 oz. Spanish Rice 4 oz. Pinto Beans 8 oz. Chilled Apricots 1 oz. Lettuce 1 oz. Tomato	THURSDAY 3, 2013 3 oz. Baked Pork Chop 4 oz. Roasted Potato 4 oz. Green Peas 1 Sl. Cornbread 8 oz. Lime Jell-O W/ Pears	FRIDAY 4, 2013 3 oz. Meatball In Marinara Sauce 4 oz. Penne Pasta 4 oz. Baby Carrots 8 oz. Caesar Salad 1 oz. Dressing 1 Wheat Roll 4 oz. Fruit Salad
MONDAY 7, 2013 1 Hot Turkey Sandwich (3 oz. Turkey, 1 Sl. Wheat Bread) 4 oz. Mashed Potatoes 1 oz. Gravy 8 oz. Green Beans W/ Red Peppers 8 oz. Beet & Onion Salad 8 oz. Chilled Peaches	TUESDAY 8, 2013 8 oz. Beef Caldillo 4 oz. Spanish Rice 4 oz. Coleslaw 1 Tortilla 1 Sl. Yellow Cake W/ Frosting	Wednesday 9, 2013 3 oz. Sesame Chicken 4 oz. Fried Rice 8 oz. Cucumber Salad 4 oz. Oriental Vegetables 1 Roll 8 oz. Pudding W/ Vanilla Wafers	THURSDAY 10, 2013 3 oz. Roast Beef 4 oz. Mashed Potatoes 1 oz. Gravy 8 oz. Seasoned Corn 8 oz. Garden Salad 1 oz. Dressing 1 Wheat Roll 8 oz. Fruit Cocktail	FRIDAY 11, 2013 8 oz. Chicken Caldillo 4 oz. Pinto Beans 4 oz. Carrot Raisin Salad 1 Tortilla 4 oz. Pineapple
MONDAY 14, 2013 4 oz. Cornflake Chicken 4 oz. Poultry Dressing 8 oz. Mixed Vegetables 8 oz. Tossed Salad 1 oz. Dressing 1 Wheat Roll 4 oz. Purple Plums	TUESDAY 15, 2013 3 oz. Grilled Ham 4 oz. Baked Yams 8 oz. Peas & Carrots 4 oz. Spinach Salad W/ Egg 1 oz. Dressing 1 Biscuit 4 oz. Chilled Pears	Wednesday 16, 2013 1 Chicken Fajita (4 oz. Chicken 2 oz. Peppers, 1 Tortilla) 4 oz. Rice 4 oz. Pinto Beans 1 oz. Lettuce 1 oz. Tomato 4 oz. Tapioca Pudding	THURSDAY 17, 2013 3 oz. Beef Tips 4 oz. Egg Noodles 4 oz. Diced Carrots 8 oz. Tossed Salad 1 oz. Dressing 4 oz. Peach Crips	FRIDAY 18, 2013 3 oz. Baked Cod Fish 4 oz. Dilled Potatoes 4 oz. Cole Slaw 4 oz. Spinach 1 Wheat Roll 8 oz. Pineapple
MONDAY 21, 2013 6 oz. Sweet & Sour Pork 4 oz. Steamed Rice 4 oz. Carrots 1 Wheat Roll 4 oz. Mandarin Oranges 1t Margarine	TUESDAY 22, 2013 3 oz. Turkey Divan 4 oz. Oven Roasted Potatoes 8 oz. Pea Salad 1 Roll 8 oz. Yogurt W/ Fruit	Wednesday 23, 2013 1 Green Chile Cheese Enchilada (2 oz. Cheese, 1 oz. Chile, 1 Corn Tortilla) 4 oz. Spanish Rice 4 oz. Pinto Beans 1 oz. Lettuce 1 oz. Tomato 4 oz. Bread Pudding	THURSDAY 24, 2013 3 oz. Meat Loaf 4 oz. Mashed Potatoes 1 oz. Gravy 4 oz. Tossed Salad 1 oz. Dressing 4 oz. Mixed Vegetables 4 oz. Chilled Pears	FRIDAY 25, 2013 3 oz. Meat Lasagna 4 oz. Caesar Salad 1 oz. Dressing 4 oz. Italian Vegetables 1 Roll 1 Sl. Applesauce Cake
MONDAY 28, 2013 4 oz. Sweet & Sour Chicken 8 oz. Egg Noodles 4 oz. Oriental Vegetables 1 Wheat Roll 8 oz. Tossed Salad 1 oz. Dressing 8 oz. Chilled Pineapple Tidbits	TUESDAY 29, 2013 3 oz. Liver & Onions 4 oz. Mashed Potatoes 1 oz. Gravy 4 oz. Broccoli & Cheese 4 oz. Mixed Vegetables 1 Wheat Roll 8 oz. Baked Apples	Wednesday 30, 2013 8 oz. Beef Stew 4 oz. Steamed Cabbage 4 oz. Seasoned Green Beans 1 Sl. Corn Bread 4 oz. Tapioca Pudding	THURSDAY 31, 2013 3 oz. Chicken Chow Mein 4 oz. Cucumber Salad 4 oz. Fried Rice 8 oz. Oriental Vegetables 4 oz. Mandarin Oranges	

North Central New Mexico Economic Development District
Council of Governments
Non-Metro Area Agency on Aging
PO Box 5115 Santa Fe NM 87502
505-827-7313



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Nutrient Table

Nutrient	Daily Lunch Requirement	Menu Week 1	Menu Week 2	Menu Week 3	Menu Week 4	Menu Week 5
		Days in Week:3	Days in Week:5	Days in Week:5	Days in Week:5	Days in Week:4
Calories	700	745	828	771	831	701
% Carbohydrates from Calories	45-55%	55%	54%	51%	55%	56%
% Protein from Calories	15-25%	18%	20%	20%	15%	16%
% Fat from Calories	25-35%	25%	24%	28%	28%	26%
Saturated Fat	less than 8g	7.9g	6.8g	8.1g	7.8g	5.1g
Fiber	5-7g	23.9g	11g	11g	11g	8.7g
Vitamin B-12	.8ug	1.6ug	2.3ug	2.4ug	1.55ug	16ug
Vitamin A	300ug RAE	431ug	464ug	373ug	553ug	1999ug
Vitamin C	30mg	45mg	36.9mg	30.2mg	30.1mg	62mg
Iron	2.6mg	5.2	5.5mg	5.6mg	4.8mg	5mg
Calcium	400mg	459mg	478mg	519mg	518mg	460mg
Sodium	less than 1000mg					

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.

Jennifer Gilmore, RD, LD

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