



Thoreau Senior Center July 2014

8 oz. 2% Milk Served with All Meals	TUESDAY 1, 2014 Beef & Bean Burrito (2 oz. Beef, 1 oz. Bean, 1 oz. Cheese, 1 Tortilla) 4 oz. Lettuce & Tomato w/ 1T Dressing 4 oz. California Blend Vegetables 4 oz. Mandarin Oranges	WEDNESDAY 2, 2014 3 oz. Pork Roast 4 oz. Mashed Potatoes w/ 1 oz. Gravy 8 oz. Green Beans 1 Roll with 1tsp Margarine 4 oz. Pineapple	THURSDAY 3, 2014 1 Chili Dog (3 oz. Frank, 2 oz. Chile, 1 bun) 4 oz. Potato Salad 8 oz. Carrots 4 oz. Apple Cobbler	FRIDAY 4, 2014 Closed for 4th Of July Holiday
MONDAY 7, 2014 Tuna Casserole (3 oz. Tuna, 4 oz. Pasta, 1oz. Sauce) 4 oz. Stir Fry Vegetables 4 oz. Tossed Salad w/ 1T Dressing 1 oz. Biscuit 4 oz. Apricot Crisp	TUESDAY 8, 2014 Beef Enchilada Casserole (2 oz. Beef, 1 oz. Cheese, 1 oz. Red Chile, 1 Corn Tortilla) 4 oz. Pinto Beans 4 oz. Spanish Rice 4 oz. Lettuce & Tomato 1 oz. Side Red Chile 4 oz. Fruit Cocktail	WEDNESDAY 9, 2014 Pork Stew (3 oz. Pork, 4 oz. Vegetables) 4 oz. Tossed Salad w/ 1T Dressing 4 oz. Green Beans 1 sl. Cornbread 4 oz. Peach Cobbler	THURSDAY 10, 2014 1 Cheeseburger on bun (3 oz. Beef Patty, 1 oz. Cheese, 1 Bun) 4 oz. Lettuce & Tomato 4 oz. Oven Potatoes 4 oz. Beets 1 oz. Side Green Chile 4 oz. Mandarin Oranges	FRIDAY 11, 2014 3 oz. Baked Chicken 4 oz. Mashed Potatoes w/ 1 oz. Gravy 4 oz. Corn 1 sl. WW Bread 4 oz. Jell-O with Fruit Cocktail
MONDAY 14, 2014 8oz. Spaghetti w/ Sauce Meat (3 oz. Ground Beef, 1 oz. Sauce, 4oz. Pasta) 4 oz. Tossed Salad w/ 1t Dressing 1 sl. French Bread 4 oz. Pear Crisp	TUESDAY 15, 2014 Chicken Fajita (3 oz. Chicken, 1 oz. Peppers, 1 Tortilla) 4 oz. Pinto Beans 4 oz. Tossed Salad w/ 1T Dressing 4 oz. Mixed Vegetables 4 oz. Pineapple	WEDNESDAY 16, 2014 3 oz. Pork Chop 4 oz. Buttered Noodles w/ 1 oz. Gravy 4 oz. California Blend Vegetables 4 oz. Peas 1 sl. Wheat Bread 4 oz. Plum Cobbler	THURSDAY 17, 2014 Ham & Cheese Sandwich (2 oz. Ham, 1 oz. Cheese, 2 sl. WW Bread) 6 oz. Tomato Soup 4 oz. Beets 4 oz. Macaroni Salad 4 oz. Fruit Cocktail	FRIDAY 18, 2014 3 oz. BBQ Chicken 4 oz. Potato Salad 4 oz. Green Beans 1 oz. Roll w/ 1tsp. Margarine 4 oz. Jell-O w/ Pears
MONDAY 21, 2014 3 oz. Quiche w/ 1 oz. Sauce 4 oz. California Blend Vegetables 4 oz. Corn 1 sl. WW Bread 4 oz. Peach Crisp	TUESDAY 22, 2014 Chicken Enchilada Casserole (2 oz. Chicken, 1 oz. Cheese, 1 Corn Tortilla) 4 oz. Pinto Beans 4 oz. Spanish Rice 1 oz. Side Green Chile 4 oz. Tossed Salad w/ 1T Dressing 4 oz. Mandarin Oranges	WEDNESDAY 23, 2014 3 oz. Pork Stir Fry w/ 4 oz. Mixed Vegetables 4 oz. Noodles 4 oz. Spinach 1 sl. WW Bread 4 oz. Apricot Cobbler	THURSDAY 24, 2014 3 oz. Hamburger w/ 1 Bun 4 oz. Lettuce & Tomato 4 oz. Macaroni Salad 4 oz. Beans 4 oz. Fruit Cocktail	FRIDAY 25, 2014 Navajo Taco (2 oz. Ground Beef, 1 oz. Beans, 1 oz. Cheese, 1 Fry Bread) 4 oz. Lettuce & Tomato 4 oz. Beets 1 sl. Birthday Cake
MONDAY 28, 2014 3 oz. Meatloaf 4 oz. Mashed Potatoes w/ 1 oz. Gravy 4 oz. Green Beans 1 oz. Roll w/ 1 tsp. Margarine 4 oz. Mandarin Oranges	TUESDAY 29, 2014 Burrito (2 oz. Chicken, 1 oz. Cheese, 1 oz. Beans, 1 Tortilla) 8 oz. Lettuce & Tomato 4 oz. Spanish Rice 4 oz. Peas 4 oz. Plum Cobbler	WENDNESDAY 30, 2014 3 oz. BBQ Pork w/ 1 Bun 4 oz. Coleslaw 4 oz. Beans 4 oz. Mixed Vegetables 4 oz. Pear Cobbler	THURSDAY 31, 2014 Tuna Sandwich (3 oz. Tuna, 2 Sl. WW Bread) 6 oz. Tomato Soup 4 oz. Green Beans 4 oz. Fruit Cocktail	8 oz. 1% Low Fat Milk Served with All Meals



Thoreau Senior Center July 2014

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	703	749	744	776	754
% Carbohydrates from Calories	45-55%	46%	50%	50%	51%	49%
% Protein from Calories	15-25%	22%	24%	24%	23%	22%
% Fat from Calories	25-35%	31%	25%	25%	25%	28%
Saturated Fat	less than 8g	8g	8g	7.8g	8g	8g
Fiber	5-7g	10g	10g	12g	12g	12g
Vitamin B-12	.8ug	2ug	2.6ug	1.9ug	2.3ug	2.2ug
Vitamin A	300ug RAE	640ug	309ug	308ug	380ug	356ug
Vitamin C	30mg	45mg	63mg	35mg	45mg	37mg
Iron	2.6mg	4.6mg	5mg	5.5mg	6.5mg	5.5mg
Calcium	400mg	551mg	548mg	497mg	571mg	522mg
Sodium	less than 1000mg	904g	757mg	955mg	703mg	803mg

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

**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**