



## NORTHWEST NM SENIORS MARCH 2013

|                                                                                                                                                             |                                                                                                                                                                      |                                                                                                                                                                                  |                                                                                                                                                                    |                                                                                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>8 oz. 1% Milk<br/>Served With<br/>All Meals</b></p>                                                                                                   |                                                                                                                                                                      |                                                                                                                                                                                  |                                                                                                                                                                    | <p><b>FRIDAY 1, 2013</b><br/>3 oz. Beef Tips<br/>4 oz. Noodles<br/>4 oz. Broccoli<br/>4 oz. Bean Salad<br/>1 Roll<br/>4 oz. Pears</p>                                       |
| <p><b>MONDAY 4, 2013</b><br/>6 oz. Baked Chicken<br/>4 oz. Parsley Potatoes<br/>4 oz. Stewed Tomatoes<br/>4 oz. Broccoli<br/>1 Sl. Bread<br/>1 Orange</p>   | <p><b>TUESDAY 5, 2013</b><br/>6 oz. Tuna Casserole<br/>4 oz. Baby Carrots<br/>8 oz. Salad<br/>2T Dressing<br/>1 Roll<br/>8 oz. Applesauce</p>                        | <p><b>Wednesday 6, 2013</b><br/>4 oz. Meat Loaf<br/>4 oz. Mashed Potatoes,<br/>2 oz. Gravy<br/>4 oz. Green Beans<br/>8 oz. Salad<br/>2T Dressing<br/>1 Sl. Bread<br/>1 Apple</p> | <p><b>THURSDAY 7, 2013</b><br/>1 Sl. Garlic Chicken Pizza<br/>4 oz. Bean Salad<br/>4 oz. Peaches</p>                                                               | <p><b>FRIDAY 8, 2013</b><br/>4 oz. Turkey Salad<br/>1 Roll<br/>4 oz. Spinach<br/>4 oz. Warm Apple</p>                                                                       |
| <p><b>MONDAY 11, 2013</b><br/>3 oz. Fried Fish<br/>1 Lemon Wedge<br/>2T Tartar Sauce<br/>4 oz. Potato Wedges<br/>4 oz. Carrots<br/>4 oz. Orange Sherbet</p> | <p><b>TUESDAY 12, 2013</b><br/>1 Cold Turkey Sandwich<br/>(3oz. Turkey, 2 Sl. Bread)<br/>4 oz. Bean Salad<br/>8 oz. Salad<br/>2T Dressing<br/>4 oz. Strawberries</p> | <p><b>Wednesday 13, 2013</b><br/>Beef Stew<br/>(3 oz. Beef, 4 oz. Vegetables)<br/>8 oz. Salad<br/>2T Dressing<br/>1 oz. Cornbread<br/>4 oz. Peaches</p>                          | <p><b>THURSDAY 14, 2013</b><br/>3 oz. Grilled Cheese Sandwich<br/>4 oz. Lentil Soup<br/>8 oz. Salad<br/>2T Dressing<br/>1 Egg<br/>2 S.F. Peanut Butter Cookies</p> | <p><b>FRIDAY 15, 2013</b><br/><b>3 oz. Corned Beef</b><br/>4 oz. Cabbage<br/>8 oz. Peas and Carrots<br/>8 oz. Salad<br/>2T Dressing<br/>1 Roll<br/>4 oz. Lime Sherbet</p>   |
| <p><b>MONDAY 18, 2013</b><br/>4 oz. Chili Beans<br/>2 oz. Coleslaw<br/>4 oz. Squash<br/>1 Cornbread<br/>4 oz. Grapes</p>                                    | <p><b>TUESDAY 19, 2013</b><br/>8 oz. Chicken Salad<br/>3 oz. Lettuce, Tomato, &amp; Onion<br/>1 Roll<br/>4 oz. Pickled Beets<br/>4 oz. Melon</p>                     | <p><b>Wednesday 20, 2013</b><br/>1 Beef Fajita<br/>(3 oz. Beef, 2 oz. Vegetables)<br/>1 Tortilla<br/>4 oz. Pinto Beans<br/>8 oz. Salad<br/>2T Dressing<br/>4 oz. Peaches</p>     | <p><b>THURSDAY 21, 2013</b><br/>3 oz. Baked Chicken<br/>4 oz. Parsley Potatoes<br/>4 oz. Stewed Tomatoes<br/>4 oz. Broccoli<br/>1 Sl. Bread<br/>1 Orange</p>       | <p><b>FRIDAY 22, 2013</b><br/>1 Hamburger<br/>(3 oz. Lettuce, Tomato, Onion ,<br/>1 Bun)<br/>1 Dill Pickle<br/>2 oz. Baked Beans<br/>4 oz. Potato Salad<br/>4 oz. Melon</p> |
| <p><b>MONDAY 25, 2013</b></p>                                                                                                                               | <p><b>TUESDAY 26, 2013</b><br/>1 Tuna Sandwich<br/>(4 oz. Tuna Salad, 2 Sl. Bread)<br/>4 oz. Bean Salad<br/>8 oz. Salad<br/>2T Dressing<br/>1 Banana</p>             | <p><b>Wednesday 27, 2013</b><br/>6 oz. Beef Bourguignon<br/>3 oz. Brown Rice<br/>8 oz. Green Beans<br/>8 oz. Salad<br/>2T Dressing<br/>4 oz. Grapes</p>                          | <p><b>THURSDAY 28, 2013</b><br/>3 oz. Fried Fish<br/>1 Lemon Wedge<br/>2T Tartar Sauce<br/>4 oz. Potato Wedges<br/>4 oz. Carrots<br/>4 oz. Orange Sherbet</p>      | <p><b>FRIDAY 29, 2013</b><br/>8 oz. Spaghetti with Meat Sauce<br/>4 oz. Green Beans<br/>8 oz. Salad<br/>2T Dressing<br/>1 Roll<br/>4 oz. Melon</p>                          |

**North Central New Mexico Economic Development District**  
**Council of Governments**  
**Non-Metro Area Agency on Aging**  
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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: | Days in Week: | Days in Week: | Days in Week: | Days in Week: |
| <b>Calories</b>                      | 700                     | 713           | 714           | 700           | 703           | 711           |
| <b>% Carbohydrates from Calories</b> | 45-55%                  | 45%           | 50%           | 45%           | 45%           | 53%           |
| <b>% Protein from Calories</b>       | 15-25%                  | 25%           | 24%           | 22%           | 25%           | 19%           |
| <b>% Fat from Calories</b>           | 25-35%                  | 27%           | 25%           | 33%           | 32%           | 26%           |
| <b>Saturated Fat</b>                 | less than 8g            | 8g            | 6.3           | 8g            | 8g            | 5.9g          |
| <b>Fiber</b>                         | 5-7g                    | 9g            | 10g           | 8.4g          | 9.6g          | 9.7g          |
| <b>Vitamin B-12</b>                  | .8ug                    | 5.9ug         | 2.2ug         | 2.4ug         | 2.5ug         | 2.3ug         |
| <b>Vitamin A</b>                     | 300ug RAE               | 304ug         | 321ug         | 473ug         | 336ug         | 317ug         |
| <b>Vitamin C</b>                     | 30mg                    | 64mg          | 48mg          | 37mg          | 87g           | 89g           |
| <b>Iron</b>                          | 2.6mg                   | 6.8mg         | 9.2mg         | 4.5mg         | 5.2mg         | 5.1mg         |
| <b>Calcium</b>                       | 400mg                   | 408mg         | 459mg         | 467mg         | 489mg         | 476mg         |
| <b>Sodium</b>                        | less than 1000mg        | 456mg         | 794mg         | 1000mg        | 850mg         | 941mg         |

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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