



## NON-METRO AREA AGENCY ON AGING PANDEMIC MENU – 1 HOT AND 1-2 FROZEN MEALS

<b>MONDAY</b> <b>SERVED HOT</b> Chicken Fajita (2 oz. Chicken, 1/2c Peppers & Onion, 1 Flour Tortilla) 1/2c Chili Beans with 1 oz. Cheese <b>SERVED COLD</b> 1/2c Oranges in 1/2c Gelatin 8 oz. 1% Milk	<b>TUESDAY</b> <b>SERVED FROZEN</b> 3 oz. Roast Beef w/ 1 oz. Au Jus 1/2c Mashed Potatoes 1/2c Seasoned Green Beans 1 Whole Wheat Dinner Roll w/ 1 tsp. Margarine 1 Sl. Cherry/Chocolate Cake 8 oz. 1% Milk	<b>WEDNESDAY</b> <b>SERVED FROZEN</b> Tuna Noodle Casserole (3 oz. Tuna, 1 oz. Sauce, 1/2c Noodles) 1c Mixed Vegetables 1 Sl. Whole Wheat Bread w/ 1 tsp. Margarine 1/2c Sliced Peaches 8 oz. 1% Milk	<b>THURSDAY</b> <b>SERVED HOT</b> Green Chile Hamburger (2 oz. Beef, 1 oz. Cheese, 1 oz. Green Chile, 1 Bun) 1/2c French Fries <b>SERVED COLD</b> 1/2c Lettuce, Tomato, Onions 2 Peanut Butter Cookie 8 oz. 1% Milk	<b>FRIDAY</b> <b>SERVED FROZEN</b> 4 oz. Sweet & Sour Pork 1/2c White Rice 1c Oriental Vegetables 1 Whole Wheat Dinner Roll w/ 1 tsp. Margarine 1/2c Fruit Cocktail 8 oz. 1% Milk
<b>MONDAY</b> <b>SERVED HOT</b> Philly Steak Sandwich (2 oz. Beef, 1 oz. Cheese, 1/2c Peppers & Onion, 1 Bun) 1/2c French Fries <b>SERVED COLD</b> 1/2c Apricots 8 oz. 1% Milk	<b>TUESDAY</b> <b>SERVED FROZEN</b> Green Chile Chicken Enchiladas (2 oz. Chicken, 1oz. Cheese, 2oz. Green Chile, 2 Corn Tortillas) 3/4c Spanish Rice (1/2c Rice 1/4c Tomatoes/Onions) 1/2c Pinto Beans 2 Oatmeal Cookies 8 oz. 1% Milk	<b>WEDNESDAY</b> <b>SERVED FROZEN</b> Shepard's Pie (3 oz. Beef, 1 oz. Sauce, 1/2c Mashed Potatoes, 1/2c 5 Way Mixed Vegetables) 1 sl. Wheat Bread w/ 1 tsp. Margarine 1/2c Pears 8 oz. 1% Milk	<b>THURSDAY</b> <b>SERVED HOT</b> 3 oz. Curried Chicken 1/2c Brussel Sprouts 1 Whole Wheat Dinner Roll w/ 1 tsp. Margarine <b>SERVED COLD</b> 1/2c Carrot Raisin Salad 1/2c Fruit Cocktail 8 oz. 1% Milk	<b>FRIDAY</b> <b>SERVED FROZEN</b> Tamale (3 oz. Pork, 1/4c Red Chile, 1 oz. Masa) 1/2c Pinto Beans 1/2c Mexican Corn 1 Whole Wheat Tortilla 1/2c Mandarin Oranges 8 oz. 1% Milk
<b>MONDAY</b> <b>SERVED HOT</b> Sloppy Joe (3 oz. Beef, 1 oz. Sauce, 1 Bun) 1/2c Parsley Potatoes 1/2c Mixed Vegetables <b>SERVED COLD</b> 1/2c Pineapple Salad 8 oz. 1% Milk	<b>TUESDAY</b> <b>SERVED FROZEN</b> 3 oz. Chicken Tenders 1T Honey Mustard Sauce, 1 oz. Low Sodium Gravy 1/2c Buttered Broccoli 1/2c Carrots 1 Whole Wheat Dinner Roll w/ 1 tsp. Margarine 1/2c Pears 8 oz. 1% Milk	<b>WEDNESDAY</b> <b>SERVED FROZEN</b> Lasagna (2 oz. Beef, 1 oz. Cheese, 1 oz. Sauce, 1/2c Noodles) 1c California Vegetables 1 sl. Garlic Bread 1/2c Peaches 8 oz. 1% Milk	<b>THURSDAY</b> <b>SERVED HOT</b> 3 oz. Pork Stir Fry 1/2c Rice 1c Asian Vegetables 1 Crescent Roll w/ 1 tsp. Margarine <b>SERVED COLD</b> 1/2c Mandarin Oranges in 1/2c Cottage Cheese 8 oz. 1% Milk	<b>FRIDAY</b> <b>SERVED FROZEN</b> 3 oz. Baked Chicken 1 Baked Potato 1T Sour Cream & 1 tsp. Margarine 1/2c Mixed Vegetables 1 Whole Wheat Dinner Roll w/ 1 tsp. Margarine 1 Apple 8 oz. 1% Milk
<b>MONDAY</b> <b>SERVED HOT</b> 4 oz. Meatloaf 1/2c Scalloped Potatoes 1/2c Green Beans 1 sl. Wheat Bread w/ 1 tsp. Margarine <b>SERVED COLD</b> 1/2c Strawberries in 1 Shortcake 8 oz. 1% Milk	<b>TUESDAY</b> <b>SERVED FROZEN</b> 3 oz. Salmon Patties 2T Tartar Sauce 1/2c Peas 1/2c Fried Okra 1 oz. Hush Puppy 1/2c Peaches 8 oz. 1% Milk	<b>WEDNESDAY</b> <b>SERVED FROZEN</b> 3 oz. BBQ Pulled Pork on 1 Bun 1/2c Ranch Beans 1/2c Carrots 1 sl. Coconut Cream Pie 8 oz. 1% Milk	<b>THURSDAY</b> <b>SERVED HOT</b> Beef Enchilada (2 oz. Beef, 1 oz Cheese, 1 oz. Red Chile, 2 Corn Tortillas) 1/2c Pinto Beans <b>SERVED COLD</b> 1/2c Lettuce & Tomato 1/4c Jalapeno, Onions & Salsa 1/2c Chocolate Pudding 8 oz. 1% Milk	<b>FRIDAY</b> <b>SERVED FROZEN</b> Chicken Spaghetti (2 oz. Chicken, 1 oz. Cheese, 1 oz. Sauce, 1/2c Noodles) 1c Peas 1/2c Beets 1 sl. Garlic Bread 1/2c Pineapple Chunks 8 oz. 1% Milk

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### ***Nutrient Table***

Nutrient	Daily Lunch Requirement	Menu Week 1	Menu Week 2	Menu Week 3	Menu Week 4
		Days in Week: 5	Days in Week: 5	Days in Week: 5	Days in Week: 5
<b>Calories</b>	700 or more	704.9	828.1	716.6	700.7
<b>% Carbohydrates from Calories</b>	45-55%	51%	55.1%	48.4%	46.6%
<b>% Protein from Calories</b>	15-25%	23.9%	19.9%	25.6%	25.7%
<b>% Fat from Calories</b>	25-35%	25%	25%	25.9%	27.8%
<b>Saturated Fat</b>	less than 8g	6.8g	7g	6.7g	7.9g
<b>Fiber</b>	10g or more	10.9g	13.7g	12.6g	10.8g
<b>Vitamin B-12</b>	.8ug or more	2.4ug	2ug	2.4ug	3.1ug
<b>Vitamin A</b>	300ug RAE or more	445.9ug	462.8ug	625.5ug	405.6ug
<b>Vitamin C</b>	30mg or more	68.7mg	87.3mg	46mg	50.5mg
<b>Iron</b>	2.6mg or more	5.7mg	6.8mg	5mg	5.4mg
<b>Calcium</b>	400mg or more	524mg	551.8mg	487.9mg	581.8mg
<b>Sodium</b>	less than 766mg	608.5mg	576.3mg	652.2mg	632.9mg

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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