



THOREAU SENIOR CENTER OCTOBER 2015

8 oz. 2% Milk Served With All Meals All Meals			THURSDAY 1, 2015 Beef Stew (3 oz. Beef, 1 oz. Sauce, 1/2c Vegetables) 1/2c California Vegetables 1 sl. Cornbread w/ 1 tsp. Margarine 1c Mandarin Oranges	FRIDAY 2, 2015 1 sl. Pizza W/ Ham & Pineapple 1c Tossed Salad w/ 2T Low Fat Dressing 1c Peas 1c Peaches
MONDAY 5, 2015 3 oz. Oven Chicken 1/2c Mashed Potatoes w/ 2T Low Sodium Gravy 1/2c California Vegetables 1 Tortilla 1/2c Pineapple	TUESDAY 6, 2015 Green Chile Pork Stew (3 oz. Pork, 1 oz. Green Chile, 2 oz. Veggies, 2 oz. Potatoes) 1c Tossed Salad w/ 2T Low Fat Dressing 1 Tortilla 1 piece Peach Cobbler	Wednesday 7, 2015 Beef Burrito (2 oz. Beef, 1 oz. Cheese, 1/2c Beans, 1 Tortilla) 1/2c Spanish Rice 1c Tossed Salad w/ 2T Low Fat Dressing 1/2c Jell-O W/ Fruit Cocktail	THURSDAY 8, 2015 4 oz. Sweet & Sour Chicken w/ 1/2c Rice 1/2c Green Beans 1 Biscuit w/ 1 tsp. Margarine 1 piece Pear Crisp	FRIDAY 9, 2015 3 oz. Meatloaf 1/2c Mashed Potatoes w/ 2T Low Sodium Gravy 1/2c Harvard Beets 1/2c Carrot Salad 1 sl. Cornbread w/ 1 tsp. Margarine 1/2c Apples
MONDAY 12, 2015 Chicken Soup (3 oz. Chicken, 1 oz. Veggies, 1/2c Noodles) 1/2c Mixed Vegetables 1 Biscuit 1/2c Apricots	TUESDAY 13, 2015 Red Chili Cheese Hot Dog (2 oz. Frank, 1 oz. Cheese, 1 oz. Red Chili, 1 Bun) 1/2c Macaroni Salad 1/2c Beets 1 piece Apple Crisp	Wednesday 14, 2015 Pork Casserole w/ Rice (3 oz. Pork, 1 oz. Sauce, 1/2c Rice) 1c Tossed Salad w/ 2T Low Fat Dressing 1/2c Green Peas 1 Tortilla 1/2c Jell-O w/ Pears	THURSDAY 15, 2015 3 oz. BBQ Chicken 1/2c Mashed Potatoes w/ 2T Low Sodium Gravy 1/2c Peas & Carrots 1c Tossed Salad w/ 2T Low Fat Dressing 1 Biscuit 1/2c Fruit Cocktail Crisp	FRIDAY 16, 2015 Navajo Taco (2 oz. Beef, 1 oz. Cheese, 1/2c Beans, 1 Fry Bread) 1c Lettuce & Tomato 1 oz. Red Or Green Chile 1/2c Spanish Rice 1/2c California Vegetables 1/2c Mandarin Oranges
MONDAY 19, 2015 Hamburger (3 oz. Beef, 1 Homemade Bun) 1/2c Lettuce & Tomato 1/2c Brussel Sprouts 1 sl. Lemon Cake	TUESDAY 20, 2015 Green Chile Pork Stew (3 oz. Pork, 1 oz. Green Chile, 2 oz. Veggies, 2 oz. Potatoes) 1c Tossed Salad w/ 2T Low Fat Dressing 1/2c California Vegetables 1 Tortilla 1 piece Apricot Cobbler	Wednesday 21, 2015 Red Chile Chicken Enchilada (2 oz. Chicken, 1 oz. Cheese, 1 oz. Red Chili, 2 Corn Tortillas) 1/2c Mixed Vegetables 1c Tossed Salad w/ 2T Low Fat Dressing 1 Tortilla 1/2c Jell-O w/ Pineapple	THURSDAY 22, 2015 Tuna Salad Sandwich (4 oz. Tuna Salad, 2 sl. Bread) 1/2c Lettuce & Tomato 3/4c Tomato Soup 1/2c Brussel Sprouts 1 Roll 1 piece Apple Crisp	FRIDAY 23, 2015 Chicken Alfredo (3 oz. Chicken 1 oz. Alfredo Sauce, 1/2c Noodles) 1c Tossed Salad w/ 2T Low Fat Dressing 1/2c Peas 1 sl. Cornbread 2 each Oatmeal Cookies
MONDAY 26, 2015 Beef Stroganoff (3 oz. Beef, 1 oz. Sauce, 1/2c Noodles) 1/2c Carrot Raisin Salad 1 Biscuit 1/2c Apricots	TUESDAY 27, 2015 3 oz. Pork Roast 1/2c Mashed Potatoes w/ 2T Low Sodium Gravy 1/2c Diced Carrots 1 Biscuit 1/2c Fruit Cocktail	Wednesday 28, 2015 Chicken Burrito Casserole (2 oz. Chicken, 1 oz. Cheese, 1 oz. Red Chile, 1 Tortilla) 1/2c Beans 1/2c Spanish Rice 1/2c Mixed vegetables 1 Tortilla 1/2c Jell-O w/ Peaches	THURSDAY 29 2015 Cheese Sandwich (2 oz. Cheese, 1/2c Lettuce & Tomato, 2 sl. Bread) 6 oz. Chicken Soup w/ Noodles 1 Roll 1/2c Apples	FRIDAY 30, 2015 Navajo Taco (2 oz. Beef, 1 oz. Cheese, 1/2c Beans, 1 Fry Bread) 1c Lettuce & Tomato 1 oz. Red Or Green Chile 1/2c Spanish Rice 1c Tossed Salad w/ 2T Low Fat Dressing 1 sl. Birthday Cake 1/2c Sherbet



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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: 2	Days in Week: 5	Days in Week: 5	Days in Week: 5	Days in Week: 5
Calories	700	713	704	776	802	809
% Carbohydrates from Calories	45-55%	52%	51%	52%	51%	51%
% Protein from Calories	15-25%	23%	24%	22%	21%	25%
% Fat from Calories	25-35%	26%	25%	26%	28%	25%
Saturated Fat	less than 8g	6.4g	6.5g	6.9g	7.2g	7.8g
Fiber	5-7g	16.4g	9.4g	12.5g	12.3g	12.1g
Vitamin B-12	.8ug	2.2ug	2.2ug	1.9ug	2.1ug	2.6ug
Vitamin A	300ug RAE	796ug	503ug	819ug	754ug	708ug
Vitamin C	30mg	77mg	37mg	58mg	85mg	43mg
Iron	2.6mg	5.9mg	5.2mg	6.4mg	6.2mg	6.7mg
Calcium	400mg	579mg	472mg	529mg	502mg	500mg
Sodium	less than 1000mg	993mg.	777mg	975mg	919mg	790mg

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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