



## THOREAU SENIOR CENTER SEPTEMBER 2015

8 oz. 2% Milk Served With All Meals CLOSED FOR LABOR DAY	<b>TUESDAY 1, 2015</b> Beef & Bean Burrito (2 oz. Beef, 1/2c Bean, 1 Tortilla) 1 oz. Red Chile 1/2c Spanish Rice 1c Tossed Salad w/ 2T Low Fat Dressing 1/2c Fruit Cocktail	<b>Wednesday 2, 2015</b> Chicken Salad Sandwich (4 oz. Chicken Salad, 2sl. WW Bread) 1c Garden Salad w/ 2T Low Fat Dressing 1/2c Macaroni Salad 1/2c Pineapple Chunks	<b>THURSDAY 3, 2015</b> 4 oz. Pork Stir Fry w/ 1/2c Rice 1 Biscuit/ 1 tsp. Margarine 1c Tossed Salad w/ 2T Low Fat Dressing 1/2c Jell-O w/ Pears	<b>FRIDAY 4, 2015</b> Cheeseburger on Bun (3 oz. Beef, 1 oz. Cheese, 1 Bun) 1 Lettuce Leaf & 1 sl. Tomato 1/2c Macaroni Salad 1/2c Carrots 1 sl. Cake (Labor Day)
<b>MONDAY 7, 2015</b>  Closed Labor Day	<b>TUESDAY 8, 2015</b> Tuna Salad (4 oz. Tuna Salad, 2 sl. WW Bread) 1/2c Potato Salad 1c Mixed Vegetables 2 each Cookies	<b>Wednesday 9, 2015</b> 3 oz. Oven Chicken 1/2c mashed Potatoes w/ 2T Low Sodium Gravy 1 WW Roll w/ 1 tsp. Margarine 1c Garden Salad w/ 2T Low Fat Dressing 1c Peaches	<b>THURSDAY 10, 2015</b> 4 oz. BBQ Pork on 1 Bun 1/2c Oven Fries 1c Peas & Carrots 1c Jell-O w/ Apples	<b>FRIDAY 11, 2015</b> Navajo Taco (3 oz. Beef, 1/2c Beans, 1 oz. Cheese, 1 Fry Bread) 1c Lettuce & Tomato 1/2c California Vegetables 1c Fruit Cocktail
<b>MONDAY 14, 2015</b> 1c Chicken & Rice Soup 1/2c Carrots 1 Biscuit w/ 1 tsp. Margarine 1 piece Apple Cobbler	<b>TUESDAY 15, 2015</b> 4 oz. Meatloaf 1 med. Baked Potato 1c Tossed Salad w/ 2T Low Fat Dressing 1 WW Roll w/ 1 tsp. Margarine 1/2c Peaches	<b>Wednesday 16, 2015</b> Chicken Enchilada Casserole (3 oz. Chicken, 1 oz. Cheese, 1 oz. Green Chile. 1 Corn Tortilla) 1/2c Pinto Beans 1/2c Garden Vegetables 1 Tortilla 1c Cantaloupe	<b>THURSDAY 17, 2015</b> 3 oz. Pork Roast 1c Mashed Potatoes w/ 2T Low Sodium Gravy 1/2c Green Beans 1 WW Roll w/ 1 tsp. Margarine 1/2c Jell-O w/ Fruit Cocktail	<b>FRIDAY 18, 2015</b> Hamburger (3 oz. Beef, 1 Bun) 1 Lettuce Leaf, 1 Tomato Sl. 1/2c Potato Salad 1/2c Beets 1/2c Peaches
<b>MONDAY 21, 2015</b> Chili (3 oz. Beef, 1/2c Beans, 1 oz. Red Chile) 1 piece Cornbread w/ 1 tsp. Margarine 1/2c California Vegetables 1/2c Pineapple Chunks	<b>TUESDAY 22, 2015</b> Ham & Cheese Sandwich (2 oz. low Sodium Ham, 1 oz. Cheese, 2 sl. WW Bread) 1/2c Lettuce & Tomato 3/4c Potato Soup 1/2c Mixed Vegetables 1/2c Mandarin Oranges	<b>Wednesday 23, 2015</b> 4oz. BBQ Chicken 1/2c Macaroni Salad 1/2c Garden Vegetables 1 WW Roll w/ 1 tsp. Margarine 1 piece Blueberry Cobbler	<b>THURSDAY 24, 2015</b> Pork Posole (3 oz. Pork, 1/2c Hominy, 1 oz. Red Chile) 1/2c Beans 1/2c Spanish Rice 1/2c Jell-O w/ Pears	<b>FRIDAY 25, 2015</b> Navajo Taco (3 oz. Beef, 1/2c Beans, 1 oz. Cheese, 1 Fry Bread) 1c Lettuce & Tomato 1/2c Mixed Vegetables 1 sl. Birthday Cake 1/2c Sherbet
<b>MONDAY 28, 2015</b> Beef Stew (3 oz. Beef, 1/2c Vegetables, 1 oz. Sauce) 1 piece Cornbread 1c Tossed Salad w/ 2T Low Fat Dressing 1/2c Mandarin Oranges	<b>TUESDAY 29, 2015</b> Red Chile Cheese Dog (1 Frank, 1/4c Chile Beans, 1 oz. Cheese, 1 Bun) 1/2c Oven Fries 1c Tossed Salad w/ 2T Low Fat Dressing 1c Watermelon	<b>Wednesday 30, 2015</b> Spaghetti w/ Meat Sauce (3 oz. Beef, 1 oz. Sauce, 1/2c Spaghetti) 1c Tossed Salad w/ 2T Low Fat Dressing 1 Biscuit w/ 1 tsp. Margarine 1 piece Peach Crisp		

North Central New Mexico Economic Development District  
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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: 4	Days in Week: 4	Days in Week: 5	Days in Week: 5	Days in Week: 3
<b>Calories</b>	700	808	732	703	844	726
<b>% Carbohydrates from Calories</b>	45-55%	51%	51%	48%	51%	50%
<b>% Protein from Calories</b>	15-25%	20%	24%	25%	23%	20%
<b>% Fat from Calories</b>	25-35%	29%	25%	27%	26%	30%
<b>Saturated Fat</b>	less than 8g	7.5g	6.4g	6.9g	8g	7.8g
<b>Fiber</b>	5-7g	9.5g	13g	9.4g	15.4g	8.6g
<b>Vitamin B-12</b>	.8ug	2.3ug	2.4ug	2.4ug	2.5ug	2.6ug
<b>Vitamin A</b>	300ug RAE	569ug	812ug	571ug	568ug	547ug
<b>Vitamin C</b>	30mg	37mg	32mg	54mg	66mg	64mg
<b>Iron</b>	2.6mg	6mg	5.2mg	5mg	6.5mg	6mg
<b>Calcium</b>	400mg	487mg	457mg	457mg	523mg	505mg
<b>Sodium</b>	less than 1000mg	877mg	755mg	747mg	944mg	887mg

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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