



Thoreau Senior Center MAY 2014

All meals Served with 2% milk Lunch Served 11:30 to 12:30			THURSDAY 1, 2014 1 Cheese Burger W/ Bun (3 oz. Ground Beef, 1 oz. Cheese, 1 Bun) 4 oz. Lettuce & Tomato 4 oz. Potato Salad 4 oz. Beets 4 oz. Pears	THURSDAY 1, 2014 8 oz. Chicken Alfredo (2 oz. Chicken 1 oz. Cheese, 1 oz. Sauce, 4 oz. Noodles) 8 oz. Tossed Salad / 2T Dressing 1 oz. Roll 4 oz. Jell-O W/ 4 oz. Pears
MONDAY 5, 2014 1 sl. Chicken Pizza (2 oz. Chicken, 1 oz. Cheese) 8 oz. Tossed Salad W/ 2T Dressing 4 oz. Green Beans 4 oz. Apricot Crisp	TUESDAY 6, 2014 1 Beef Enchilada (2 oz. Ground Beef, 1 oz. Cheese, 1 Corn Tortilla, 1 oz. Red Chile) 4 oz. Spanish Rice 4 oz. Pinto Beans 4 oz. Fruit Cocktail	WEDNESDAY 7, 2014 8 oz. Pork Stew (3 oz. Pork, 4 oz. Veggies, 1 oz. Gravy) 8 oz. Tossed Salad W/ 2T Dressing 1 sl. Cornbread 4 oz. Peach Cobbler	THURSDAY 8, 2014 1 Sloppy Joe W/ Bun (3 oz. Ground Beef, 1 Bun) 4 oz. Zucchini 4 oz. Potato Wedges 4 oz. Apricots	FRIDAY 9, 2014 8 oz. Cheesy Chicken & Rice 3 oz. Chicken, 1 oz. Cheese, 4 oz. Rice) 4 oz. Mixed Vegetables 1 oz. Roll 4 oz. Jell-O W/ 4 oz. Pears
MONDAY 12, 2014 4 oz. Quiche W/ 1 oz. Sauce 1 oz. Biscuit 4 oz. Beets 4 oz. Peach Crisp	TUESDAY 13, 2014 1 Burrito (3 oz. Beef, 3 oz. Beans, 1 oz. Cheese, 1 Tortilla) 4 oz. Spanish Rice 4 oz. Lettuce & Tomato 4 oz. Pears	WEDNESDAY 14, 2014 4 oz. Pork Stir Fry W/ 4 oz. Veggies 4 oz. Rice 4 oz. California Blend 1 oz. Roll 4 oz. Plum Cobbler	THURSDAY 15, 2014 1 Tuna Salad Sandwich (4 oz. Tuna Salad, 2 sl. Bread) 6 oz. Tomato Soup 4 oz. Mixed Veggies 4 oz. Peaches	FRIDAY 16, 2014 3 oz. Oven Fried Chicken 4 oz. Mashed Potatoes W/ 1 oz. Gravy 4 oz. Carrots 1 oz. Roll 8 oz. Pears w/ 4 oz. Jell-O
MONDAY 19, 2014 3 oz. Meatloaf 4 oz. Oven Potatoes 8 oz. Garden Salad 4 oz. Green Beans 1 oz. Roll 4 oz. Plum Crisp	TUESDAY 20, 2014 1 Chicken Enchilada (2 oz. Chicken, 1 oz. Cheese, 1 corn Tortilla, 1 oz. Chile) 4 oz. Spanish Rice 4 oz. Pinto Beans 4 oz. Lettuce & Tomato 4 oz. Peaches	WEDNESDAY 21, 2014 3 oz. Baked Pork Chop 4 oz. Mashed Potatoes W/ 1 oz. Gravy 4 oz. Spinach W/ Onions 1 oz. Roll 4 oz. Apricot Cobbler	THURSDAY 22, 2014 1 Chile Cheese Dog (2 oz. Frank, 1 oz. Cheese, 1 oz. Chile. 1 bun) 4 oz. Potato Wedges 4 oz. Carrots 4 oz. Fruit Cocktail	FRIDAY 23, 2014 3 oz. BBQ Chicken 4 oz. Potato Salad 4 oz. California Blend 1 oz. Roll 4 oz. Jell-O W/ 4 oz. Fruit Cocktail
MONDAY 26, 2014 MEMORIAL DAY!!	TUESDAY 27, 2014 1 Chicken Fajita (3 oz. Chicken, 1 oz. Cheese, 4 oz. Pepper & Onions, 1 Tortilla) 4 oz. Pinto Beans 4 oz. Tossed Salad / 2T Dressing 4 oz. Plums	WEDNESDAY 28, 2014 3 oz. Pork Roast 4 oz. Mashed Potatoes W/ 1 oz. Gravy 4 oz. Corn 1 oz. Roll 4 oz. Peach Cobbler	THURSDAY 29 2014 1 Chicken Salad Sandwich (4 oz. Chicken salad, 2 sl. Bread) 4 oz. Pasta Salad 4 oz. Green Beans 4 oz. Peas	FRIDAY 30, 2014 1 Navajo Taco (2oz. Ground Beef, 1 oz. Cheese, 3 oz. Pinto Beans, 1 oz. Fry Bread) 4 oz. Lettuce & Tomato 1 sl. Birthday Cake

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



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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: 4
Calories	700	720	728	711	707	723
% Carbohydrates from Calories	45-55%	48%	47%	49%	46%	47%
% Protein from Calories	15-25%	25%	25%	20%	24%	24%
% Fat from Calories	25-35%	27%	26%	29%	28%	28%
Saturated Fat	less than 8g	8g	8g	8g	8g	8g
Fiber	5-7g	13g	9g	12g	12g	10g
Vitamin B-12	.8ug	2.5ug	2.2ug	1.7ug	2ug	1.7ug
Vitamin A	300ug RAE	627ug	308ug	565ug	713ug	301ug
Vitamin C	30mg	53mg	30mg	32mg	45mg	36mg
Iron	2.6mg	6mg	4mg	4mg	6mg	4mg
Calcium	400mg	685mg	550mg	558mg	570mg	515mg
Sodium	less than 1000mg	901mg	654mg	879mg	790mg	837mg

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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