



RAMAH SENIOR CENTER FEBRUARY 2013

8 oz. 1% Milk Served With All Meals				
MONDAY 4, 2013 4 oz. Rigatoni W/ 3 oz. Chicken 4 oz. Broccoli 8 oz. Garden Salad W/ 2T Dressing 1 Wheat Roll w/ 1T Margarine 4 oz. Chilled Pears	TUESDAY 5, 2013 3 oz. Pork Roast 4 oz. Baked Yams 8 oz. Green Beans 1 Sl. Jalapeno Cornbread 4 oz. Applesauce	WEDNESDAY 6, 2013 1 Ruben Sandwich (3 oz. Corned Beef) 8 oz. Macaroni Salad 1 oz. Sun Chips 2 Tomato Wedges 4 oz. Ambrosia	THURSDAY, FEB 7, 2013 1 Red Chili Chicken Enchilada (3 oz. Chicken, 2T Red Chili, 1 Corn Tortilla) 4 oz. Coleslaw 4 oz. Pinto Beans 4 oz. Spanish Rice 1 Chocolate Chip Cookie	FRIDAY 1, 2013 3 oz. Green Chili Stew 8 oz. Pease & Carrots 8 oz. Tossed Salad W/ 2T Dressing 1 Biscuit 1T Margarine 4 oz. Baked Apple
MONDAY 11, 2013 6 oz. Spaghetti w/ Meat Sauce 8 oz. Caesar Salad 2T Dressing 4 oz. Green Beans 1 Wheat Roll 1T Margarine 4 oz. Cherry Crisp	TUESDAY 12, 2013 1 BBQ Beef Sandwich (3 oz. Beef, 1 bun) 4 oz. Potato Salad 4 oz. Ranch Beans 1 oz. Purple Onion 1 oz. Pineapple Upside Down Cake	WEDNESDAY 13, 2013 1 Green Chili Chicken Enchilada (3 oz. Chicken, 2T Green Chili, 1 Corn Tortilla) 4 oz. Spanish Rice 4 oz. Pinto Beans 2 oz. Lettuce & Tomato 4 oz. Chilled Peaches	THURSDAY, FEB 14, 2013 3 oz. Meatloaf 4 oz. Mashed Potatoes 1 oz. Gravy 8 oz. Garden Salad 1 oz. Dressing 8 oz. Seasoned Corn 8 oz. Chilled apricots	FRIDAY 15, 2013 1 Navajo Taco (2 oz. Beef, 1 oz. Beans, 1oz. Cheese, 1 Flat Bread) 4 oz. Pinto Beans 8 oz. Green Beans 2 oz. Lettuce & Tomato
MONDAY 18, 2013 Center Closed President's Day	TUESDAY 19, 2013 3 oz. Chicken Pot Pie 8 oz. Garden Salad 2T Dressing 4 oz. Spinach 1 Sq. Cornbread 1T Margarine 4 oz. Chilled Pears	WEDNESDAY 20, 2013 4 oz. Country Fried Steak 4 oz. Mashed Potatoes 1 oz. Gravy 8 oz. Mixed Vegetables 1 Wheat Roll 1T Margarine 4 oz. Pudding W/ Vanilla Wafers	THURSDAY 21, 2013 4 oz. Baked Pork Chop 4 oz. Sweet Potato 8 oz. Carrots 1 Wheat Roll 1T Margarine 4 oz. Fruit Cocktail	FRIDAY 22, 2013 4 oz. Tuna Salad 4 oz. Pickled Beets 2 Slices Wheat Bread 8 oz. Lime Jell-O W/ Pineapple 1 Sl. Applesauce Cake
MONDAY 25, 2013 3 oz. Pepper Steak 4 oz. Brown Rice 4 oz. Baby Carrots 8 oz. Green Salad w/ 2T Dressing 8 oz. Strawberries & Bananas	TUESDAY 26, 2013 3 oz. Stuffed Cabbage Roll 4 oz. Roasted Potatoes 4 oz. Mixed Vegetables 2 Tomato Wedges 1 Orange	WEDNESDAY 27, 2013 3 oz. Lime Grilled Chicken 4 oz. Calico Rice 4 oz. Seasoned Peas 1 Wheat Roll 1T Margarine 1 Sq. Mandarin Upside Down Cake	THURSDAY 28, 2013 4 oz. Spinach/ Egg Custard 4oz. Potato Medallions 1 Biscuit 1T Margarine 4 oz. Chilled Apricots	



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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:1	Days in Week:5	Days in Week:5	Days in Week:5	Days in Week:4
Calories	700	961	831	818	813	703
% Carbohydrates from Calories	45-55%	52%	55%	55%	51%	45%
% Protein from Calories	15-25%	22%	19%	17%	17%	20%
% Fat from Calories	25-35%	25%	26%	26%	30%	33%
Saturated Fat	less than 8g	7.9g	8g	7.9g	8g	8g
Fiber	5-7g	15g	11.9g	11.8g	10.4g	9.5g
Vitamin B-12	.8ug	2.7ug	2.3ug	2.2ug	2.2ug	2.1ug
Vitamin A	300ug RAE	1007ug	592ug	343ug	753ug	1072ug
Vitamin C	30mg	43mg	41mg	30mg	36mg	68mg
Iron	2.6mg	7.9mg	5.6mg	5.3mg	5.2mg	5.1mg
Calcium	400mg	544mg	529mg	550mg	481mg	485mg
Sodium	less than 1000mg	690mg	951mg	976mg	997mg	677mg

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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