



THOREAU Senior Center JANUARY 2014

8 oz. 2 % Low Fat Milk Served Daily Lunch served 11:30 to 12:30		Wednesday 1, 2014 3 oz. BBQ Chicken Pizza 8 oz. Tossed Salad W/ 2T Dressing 4 oz. California Blend 4 oz. Peaches	THURSDAY 2, 2014 8 oz. Spaghetti W/ Meat Sauce 8 oz. Tossed Salad W/ 2T Dressing 4 oz. Mixed Vegetables 1 sl. French Bread 4 oz. Fruit Cocktail	FRIDAY 3, 2014 8 oz. Tuna Casserole 4 oz. Stir Fry Vegetables 4 oz. Beets 1 oz. Biscuit 4 oz. Mandarin Oranges
MONDAY 6, 2014 6 oz. Cheese Quiche W/ 1 oz. Broccoli Sauce 4 oz. Mixed Vegetables 1 oz. Biscuit 4 oz. Pears	TUESDAY 7, 2014 3 oz. Meatloaf 4 oz. Mashed Potatoes W/ 1 oz. Gravy 4 oz. Green Beans 1 oz. WW Roll 4 oz. Chilled Apricots	Wednesday 8, 2014 8 oz. Chicken Soup w/ Rice (3 oz. Chicken, 4 oz. Vegetables) 4 oz. Mixed Vegetables 4 oz. Spinach 1 oz. Biscuit 4 oz. Pineapple	THURSDAY 9, 2014 6 oz. Pork Stir Fry (3 oz. Pork) 4 oz. Stir Fry Vegetables 4 oz. California Blend Vegetables 1 oz. Cornbread 4 oz. Jell-O W/ Fruit Cocktail	FRIDAY 10, 2014 8 oz. Beef Stew W/ Cabbage 4 oz. Green Beans 1oz. Cornbread 4 oz. Plum Cobbler
MONDAY 13, 2014 3 oz. Roast Pork w/ 2T Gravy 4 oz. Buttered Noodles 4 oz. Stewed Tomatoes 4 oz. Pears	TUESDAY 14, 2014 1 Ham & Cheese Sandwich (2 oz. Ham, 1 oz. Cheese, 2 sl. Wheat Bread) 8 oz. Tomato Soup 4 oz. Broccoli 4 oz. Peaches	Wednesday 15, 2014 Chicken Salad Sandwich (4 oz. Chicken Salad, 2 sl. Bread) 4 oz. Carrots Salad 4 oz. Corn 4 oz. Pineapple	THURSDAY 16, 2014 1 Chicken Enchiladas (2 oz. Chicken, 1 oz. Cheese, 1 oz. GC, 1 Corn Tortilla) 4 oz. Spanish Rice 4 oz. Pinto Beans 8 oz. Tossed Salad w/ 2T Dressing 4 oz. Fruit Cocktail	FRIDAY 17, 2014 Hamburger On Bun (3 oz. Beef Patty, 1 Bun) 4 oz. Roasted Potatoes 4 oz. Harvard Beets 4 oz. Chilled Plums
MONDAY 20, 2014 3 oz. Baked Chicken w/ 2T Gravy 4 oz. Mashed Potatoes 4 oz. Mixed Vegetables 1 sl. WW Bread 4 oz. Apricot Cobbler	TUESDAY 21, 2014 3 oz. Chili Dog on Bun 4 oz. Potato Wedges 8 oz. Tossed Salad w/ 2T Dressing 4 oz. Diced Carrots 4 oz. Jell-O W/ Pears	Wednesday 22, 2014 3 oz. Pork Chop 4 oz. Buttered Noodles w/ 2T Gravy 4 oz. Broccoli 4 oz. Peaches	THURSDAY 23, 2014 8 oz. Spaghetti W/ Meat Sauce 8 oz. Salad w/ 2T Dressing 4 oz. Spinach 1 sl. French Bread 1 sl. Chocolate Cake	FRIDAY 24, 2014 3 oz. BBQ Chicken 4 oz. Mashed Potatoes w/ 2T Gravy 4 oz. Beets 4 oz. Diced Carrots 1 oz. WW Roll 4 oz. Chilled Pears
MONDAY 27, 2014 4 oz. Tuna Salad Sandwich 8 oz. Tomato Soup 4 oz. Green Beans 4 oz. Peach Crisp	TUESDAY 28, 2014 8 oz. Chicken Casserole (2 oz. Chicken, 1 oz. Cheese, 4 oz. Noodles) 4 oz. Pinto Beans 8 oz. Tossed Salad w/ 2T Dressing 4 oz. Mixed Vegetables 4 oz. Mandarin Oranges	Wednesday 29, 2014 3 oz. Spinach Quiche w/ 1 oz. Broccoli Sauce 4 oz. California Blend Vegetables 1 oz. Biscuit 4 oz. Peach Cobbler	THURSDAY 30, 2014 1 Navajo Taco (2 oz. Beef, 1 oz. Cheese, 1 Fry Bread) 4 oz. Lettuce & Tomato 4 oz. Pinto Beans 4 oz. Beets 4 oz. Pineapple Chunks	FRIDAY 31, 2014 6 oz. Chicken Stir Fry (3 oz. Chicken, 3 oz. Vegetables) 4 oz. Noodles 4 oz. Diced Carrots 1 sl. French Bread 4 oz. Chilled Pears

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: 3	Days in Week: 5	Days in Week: 5	Days in Week: 5	Days in Week: 5
Calories	700	712	738	717	797	704
% Carbohydrates from Calories	45-55%	53%	51%	48%	55%	53%
% Protein from Calories	15-25%	21%	23%	22%	20%	23%
% Fat from Calories	25-35%	25%	25%	28%	25%	25%
Saturated Fat	less than 8g	7g	7.4g	8g	7.9g	6.5g
Fiber	5-7g	11g	12g	9g	13g	14g
Vitamin B-12	.8ug	2.8ug	2.3ug	2.3ug	2.2ug	2.3ug
Vitamin A	300ug RAE	467ug	560ug	301ug	684ug	814ug
Vitamin C	30mg	31mg	36mg	48mg	30mg	32mg
Iron	2.6mg	5.7mg	5.6mg	5mg	6mg	6.3mg
Calcium	400mg	451mg	775mg	438mg	436mg	487mg
Sodium	less than 1000mg	927mg	611mg	885mg	638mg	727mg

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.

Jennifer Gilmore, RD, LD

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