



DEMING SENIOR CENTER MARCH 2013

8 oz. 1% Milk Served With All Meals				FRIDAY 1,2013 3 oz. Hamburger Steak 1 oz. Brown Gravy with Mushrooms 4 oz. Mashed Potatoes 4 oz. Green Beans with Onions 1 Wheat Roll & 1T Margarine 4 oz. Pineapple Chunks
MONDAY 4, 2013 1 Beef Enchilada (2 oz. Beef, 1 oz. Cheese. 1 Corn Tortilla) 4 oz. Salad & Dressing 4 oz. Pinto Beans 4 oz. Spanish Rice 2T Salsa & Jalapeno 4 oz. Mandarin Oranges	TUESDAY 5, 2013 3 oz. Chicken Cutlet 4 oz. Green Beans 4 oz. Sweet Potatoes & Margarine 1 Wheat Roll &1T Margarine 4 oz. Mixed Fruit	Wednesday 6, 2013 3 oz. Pork Posole 8 oz. Spinach Salad w/ 2T Dressing 3 oz. Pinto Beans 1 Flour Tortilla 4 oz. Strawberries & Peaches	THURSDAY 7, 2013 3 oz. Chicken Nuggets 2T Honey Mustard/BBQ Sauce 4 oz. Baked Potato Wedges 4 oz. Broccoli with Cheese 4 oz. Fruit Cocktail 4 oz. Pears	FRIDAY 8, 2013 3 oz. Meatloaf 4 oz. Au Gratin Potatoes 4 oz. Mixed Vegetables 1 Roll &1T Margarine 4 oz. Mandarin Oranges
MONDAY 11, 2013 1 GC Chicken Enchilada (2 oz. Chicken, 1 oz. Cheese. 1 Corn tortilla) 1 oz. Lettuce & 1 oz. Tomato 3 oz. Pinto Beans 4 oz. Spanish Rice 4 oz. Strawberries 4 oz. Ice Cream	TUESDAY 12, 2013 3 oz. Chicken Fried Steak 4 oz. Mashed Potatoes/ 2T Gravy 4 oz. California Vegetables 1 Biscuit & 1T Margarine 8 oz. Strawberries & Banana	Wednesday 13, 2013 6 oz. Baked Macaroni & Cheese 4 oz. Brussels Sprouts w/Margarine 1 Dinner Roll w/ 1TMargarine 4 oz. Chocolate Pudding	THURSDAY 14, 2013 6 oz. Chicken Tetrzzini 4 oz. California Blend w/ Cheese 6 Crackers 2 oz. Apple Crisp	FRIDAY 15, 2013 1 Ham & Cheese Sandwich (1oz.Ham ,1oz.Cheese. 2 Sl. WW Bread) 1 oz. Lettuce & 1 oz. Tomato 4 oz. Mixed Vegetables & Margarine 4 oz. Mandarin Oranges
MONDAY 18, 2013 3 oz. Chicken Strips 4 oz. Mashed Potatoes 4 oz. Broccoli/Cheese 8 oz. Garden Salad/ 2T Dressing 1 Roll / 1T Margarine 4 oz. Peaches /Strawberries	TUESDAY 19, 2013 3 oz. Sweet and Sour Pork 4 oz. Steamed Rice 4 oz. Carrots w/ Margarine 1 Sl. WW Bread w/ 1T Margarine 4 oz. Mandarin Oranges	Wednesday 20, 2013 3 oz. Zesty Steak Chili 1 Sl. Cornbread 4 oz. Three Bean Salad 4 oz. Apricots	THURSDAY 21, 2013 1 Chicken Sandwich (3 oz. Chicken, 1 Bun) 4 oz. Celery Sticks 4 oz. Tater Tot's 4 oz. Cottage Cheese 4 oz. Peaches	FRIDAY 22, 2013 3 oz. Beef Tips 4 oz. Rice 4 oz. Broccoli 8 oz. Green Salad/ 2T Dressing 1 Wheat Roll/ 1T Margarine 4 oz. Pears
MONDAY 25, 2013 3 oz. Baked Fish 2T Tartar Sauce 4 oz. Tater Tot's 4 oz. Broccoli Salad 1 Dinner Roll & 1T Margarine 4 oz. Apricots	TUESDAY 26, 2013 3 oz. Chicken Adovada 3 oz. Pinto Beans 4 oz. Spinach 1 Flour Tortilla 4 oz. Rice Pudding	Wednesday 27, 2013 8 oz. Beef Stew (3 oz. Beef, 4 oz. Veggies) 4 oz. Green Beans 6 Crackers 4 oz. Banana Pudding	THURSDAY 28, 2013 3 oz. Pork Asada 4 oz. Buttered New Potatoes 4 oz. Hominy 1 Flour Tortilla 4 oz. Strawberries & Peaches	FRIDAY 29, 2013 CENTER IS CLOSED IN OBSERVANCE OF GOOD FRIDAY

**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:1	Days in Week:5	Days in Week:5	Days in Week:5	Days in Week:5
Calories	700	780	734	700	728	723
% Carbohydrates from Calories	45-55%	55%	48%	55%	51%	46%
% Protein from Calories	15-25%	16%	23%	18%	23%	24%
% Fat from Calories	25-35%	26%	28%	25%	25%	28%
Saturated Fat	less than 8g	8g	7.7g	7.8g	5.5g	7.1g
Fiber	5-7g	15g	9.5g	9.8g	8.4g	7.9g
Vitamin B-12	.8ug	1.1ug	1.88ug	1.8ug	2.7ug	2.7ug
Vitamin A	300ug RAE	300ug	460ug	360ug	305ug	405ug
Vitamin C	30mg	177mg	35mg	51mg	53mg	61.9mg
Iron	2.6mg	4.2mg	4.6mg	4.9mg	5.3mg	5.3mg
Calcium	400mg	653mg	501mg	481mg	420mg	437mg
Sodium	less than 1000mg	1000mg	760mg	698mg	844mg	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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