**CHAVES COUNTY J.O.Y CENTERS, INCORPORATED**

 **MENU NOVEMBER, 2021**

**1822 N. MONTANA, ROSWELL, NM 88201 TELEPHONE: 575-623-4866**

**503 E. ARGYLE, HAGERMAN, NM 88232 TELEPHONE: 575-752-3236**

**126 WILLARD ST, 9 MILES SOUTH OF ROSWELL Suggested Donation $2.00 for Senior Citizens TELEPHONE: 575-622-8933**

**700 OKLAHOMA, LAKE ARTHUR, NM 88253 All Others Must Pay $8.30 TELEPHONE: 575-365-2045**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  **MONDAY, NOV 1, 2021****3oz Pork Cutlet** **½ c Mashed Potato w/ ¼ c Gravy****1 c Chuck Wagon Corn****1 ea. WW Roll****¾ c Fruit Cocktail** | **TUESDAY, NOV 2, 2021****3oz Chicken w/ ¼ c Mushroom Gravy****½ c Brown Rice****1 c Green Beans****1 ea. WW Roll****¾ c Pears/Peaches** |  **WEDNESDAY, NOV 3, 2021****¼ c Smothered 3oz Beef & 1oz Potato Burrito****½ c Pinto Beans****½ c Tossed Salad W/ 1 Tbsp. Dressing****½ c Mandarin Oranges** | **THURSDAY, NOV 4, 2021****3oz Baked Fish/ ½ c Rice****¾ c California Blend Vege.****½ c Tossed Salad****1 ea. WW Roll****1 ea. Pound Cake w/ ¼ c Strawberries & 1 Tbsp. Topping**  | **FRIDAY, NOV 5, 2021****3oz Ham & 1 Sl Cheese, 2 Sl WW Bread Sandwich** **½ c Baked Beans****½ c Lettuce/Tomato****1 pkt. Indv. Mayo****½ c Apricots** |
| **MONDAY, NOV 8, 2021****½ c Spahetti w/(3 oz Meat) Sauce****1 c Mixed Vegetables****1 ea. Garlic Bread****½ c Vanilla Pudding** | **TUESDAY, NOV 9, 2021****3oz Pork Chops w/ ¼ c Gravy****½ c Candied Sweet Potatoes****1 c Carrots****1 ea. WW Roll****¾ c Fruit Salad** | **WEDNESDAY, NOV 10, 2021****¾ c Gr. Chile( 3oz Chicken) Enchilada****½ c Pinto Beans****½ c Tossed Salad w/ 1 Tbsp. Dressing****1 ea. Tortilla 6’’****½ c Banana/Strawberries** | **THURSDAY, NOV 11, 2021****Veterans Day****3oz Meat Loaf****( 1oz onion, 1oz Bell pepper)****½ c Mashed Potatoes w/ 1Tbsp. Gravy****1 c Green Beans w/Corn****1 ea. WW Roll****½ c Peaches** | **FRIDAY, NOV 12, 2021****Grilled (3oz Chicken) 2 sl WW Bread Sandwich** **½ c Lettuce/Tomato/ 1 Tbsp. Mayo****5 ea. French Fries****½ c Baked Beans** **1ea. Oatmeal Cookie****½ c Pears** |
| **MONDAY, NOV 15, 2021****3 oz Country Fried St.****½ c Mashed Potatoes w/ ¼ c Gravy****1 c Peas & Carrots****1 ea. WW Roll****½ c Fruited Yogurt**  | **TUESDAY, NOV 16, 2021****Sweet & Sour( 3oz Pork)****(2oz Bell Pepper, 2oz Celery)****½ c Brown Rice** **½ c Capri Blend Vegetables****1 ea. WW Roll****½ c Mandarin Oranges** | **WEDNESDAY, NOV 17, 2021****(3oz Beef) & (½ c Bean) Chili Verde****(½ c Red Pepper, ½ c onion)****½ c Tossed Salad w/ 1 Tbsp. Dressing****1-2x2 Cornbread****½ c Plums** | **THURSDAY, NOV 18, 2021****3oz Pork Loin****½ c Mashed Potatoes w/ ¼ c Gravy****½ c Peas****½ c Tossed Salad w/ 1 Tbsp. Dressing****1 ea.Pound Cake w/ ¼ c Strawberries** | **FRIDAY, NOV 19, 2021****¼ c Green Chili, 1 Sl Cheese 3 oz Burger, 1 Bun****½ c Lettuce/Tomato/ ½ c Onion/Pickle****12 ea. Sweet Potato Fries****1 Tsp. ea. Mayo/Mustard****¾ c Pears & Peaches** |
| **MONDAY, NOV 22, 2021****3oz Beef Stew****(1 c Mix Vege, ¼ c tomato, ½ c Potato)****1 ea. Biscuit****¾ c Sliced Apples** | **TUESDAY, NOV 23, 2021****3 oz Pork, Posole** **½ c Mixed Vegetables****½ c Tossed Salad****6 ea. Crackers****¾ c Fruit Compote** | **WEDNESDAY, NOV 24, 2021****3 oz Turkey/ ¼ c Dressing****½ c Mashed Potato w/ ¼ c Gravy****½ c Broccoli****1 oz Cranberry Sauce****½ c Tossed Salad****½ c Fruit Salad w/whipped topping** | **THURSDAY, NOV 25, 2021****Closed for Thanksgiving****C:\Users\Margie\AppData\Local\Microsoft\Windows\INetCache\IE\0N621GXI\HappyThanksgiving[1].jpg** | **FRIDAY, NOV 26, 2021****Closed for Thanksgiving****C:\Users\Margie\AppData\Local\Microsoft\Windows\INetCache\IE\3CZ9DOAO\thanksgiving-postcard-with-pumpkin-and-turkey-with-boy-on-top[1].jpg** |
|  **MONDAY, NOV 29, 2021****3oz Salisbury St. ¼ c Gravy****½ c Mashed Potatoes****1 c Mixed Vegetables****1 ea. WW Roll****¾ c Peaches** | **TUESDAY, NOV 30, 2021****3oz Baked Ham** **½ c Sweet Potatoes****½ c Peas & Carrots****½ c Tossed Salad w/ 1 Tbsp. Dressing****1 ea. WW Roll****¾ c Cinnamon Apples**  | **WEDNESDAY, DEC 1, 2021****3oz Pork, Tamales****½ c Pinto Beans****½ c Tossed Salad w/ 1 Tbsp. Dressing****1 Tortilla 6’’****1 ea. Raw Orange** | **THURSDAY, DEC 2, 2021****3oz Baked Chicken****½ c Parsley Potatoes w/ ¼ c Gravy****1 c Corn****1 ea. WW Roll****2x2 Black Forest Cake** | **FRIDAY, DEC 3, 2021****1 c Goulash, 3oz Beef****( 2oz onion, 1oz Bell Pepper)****1 c Green Beans & Onions****1 ea. WW Roll****¾ c Fruit Compote** |

**2% MILK SERVED WITH ALL MEALS**

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|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****3** | **Days in Week:****2** |
| Calories | 700 or more | 722 | 709 | 716 | 764 | 753 |
| % Carbohydrates from Calories | 45-55% | 49.3 | 50 | 51 | 55 | 55 |
| % Protein from Calories | 15-25% | 24 | 25 | 22 | 24 | 24 |
| % Fat from Calories | 25-35% | 25 | 24 | 26 | 22 | 21 |
| Saturated Fat | less than 8g | 7.5 | 7.4 | 8 | 7 | 7.7 |
| Fiber | 10g or more | 12.5 | 10 | 11 | 10 | 13 |
| Vitamin B-12 | .8ug or more | 2.5 | 2.7 | 2.9 | 2.4 | 3.4 |
| Vitamin A | 300ug RAE or more | 349 | 556 | 588 | 752 | 541 |
| Vitamin C | 30mg or more | 51 | 42 | 120 | 35 | 88 |
| Iron | 2.6mg or more | 5.3 | 5.2 | 5.2 | 3 | 6 |
| Calcium | 400mg or more | 535 | 443 | 455 | 378 | 390 |
| Sodium | less than 766mg | 764 | 730 | 705 | 768 | 642 |

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.

 Constance Rudnicki MS, RD, LD

North Central New Mexico Economic Development District

Council of Governments

Non-Metro Area Agency on Aging

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Santa Fe, NM 87507

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