



Menu #191 Shepard's Pie

8 oz. Shepard's Pie

(3 oz. Ground Beef, 3 oz. Vegetables, 2 oz. Mashed Potatoes)

4 oz. Green Beans

8 oz. Salad w/ 2T Dressing

1 Dinner Roll w/ 1T Margarine

1 Orange

4 oz. Sugar Free Vanilla Ice Cream

8 oz. 1% Milk

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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North Central New Mexico Economic Development District
Council of Governments
Non-Metro Area Agency on Aging
PO Box 5115 Santa Fe NM 87502
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Nutrient	Requirement	Menu
Calories	700	774
% Carbohydrates from Calories	45-55%	48%
% Protein from Calories	15-25%	21%
% Fat from Calories	25-35%	29%
Saturated Fat	less than 8g	7.6g
Fiber	5-7g	19g
Vitamin B-12	.8ug	3.6ug
Vitamin A	300ug RAE	1003ug
Vitamin C	30mg	92mg
Iron	2.6mg	5.6ug
Calcium	400mg	595mg
Sodium	Less than 1000mg	934

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