



Thoreau Senior Center JUNE 2014

<p>MONDAY 2, 2013 3 oz. Quiche w/ 1 oz. Sauce 4 oz. Beets 1 oz. Biscuit 4 oz. Pear Crisp</p>	<p>TUESDAY 3, 2013 6 oz. Beef Enchilada Casserole (1 oz. Beef, 1 oz. Cheese) 4 oz. Pinto Beans 4 oz. Spanish Rice 8 oz. Lettuce & Tomato 1 oz. Side Red Chile 4 oz. Pineapples</p>	<p>WEDNESDAY 4, 2013 8 oz. Lamb & Veggie Stew (3 oz. Lamb, 5 oz. Vegetables) 2"x2" Cornbread 4 oz. Apple Cobbler</p>	<p>THURSDAY 5, 2013 1 Turkey & Cheese Sandwich (2 oz. Turkey, 1 oz. Cheese, 2 sl. WW Bread) 6 oz. Tomato Soup 4 oz. Mandarin Oranges</p>	<p>FRIDAY 6, 2013 3 oz. BBQ Chicken 4 oz. Potato Salad 4 oz. Beets 1 oz. Roll 4 oz. Jell-O w/ Pears</p>
<p>MONDAY 9, 2013 8 oz. Spaghetti W/ Meat Sauce (3 oz. Beef, 4 oz. Noodles, 1 oz. Sauce) 8 oz. Tossed Salad w/ 2T Dressing 1 sl. French Bread 4 oz. Plum Crisp</p>	<p>TUESDAY 10, 2013 6 oz. Chicken Enchilada Casserole (2 oz. Chicken, 1 oz. Cheese, 1 Corn Tortilla) 4 oz. Pinto Beans 8 oz. Lettuce & Tomato 1 oz. Side Green Chile 4 oz. Fruit Cocktail</p>	<p>WEDNESDAY 11, 2013 3 oz. Pork Chops 4 oz. Rice W/ 1 oz. Gravy 4 oz. Mixed Vegetables 1 sl. Bread 4 oz. Plum Cobbler</p>	<p>THURSDAY 12, 2013 1 Hamburger on 1 Bun (3 oz. Beef Patty) 4 oz. Lettuce & Tomato 4 oz. Potato Wedges 4 oz. Pear</p>	<p>FRIDAY 13, 2013 8 oz. Chicken & Veggie Soup with Noodles (3 oz. Chicken, 3 oz. Vegetables, 2 oz. Noodles) 1 oz. Biscuit 4 oz. Jell-O w/ Pears</p>
<p>MONDAY 16, 2013 1 sl. Pizza (2 oz. Pepperoni, 1 oz. Cheese) 8 oz. Tossed Salad w/ 2T Dressing 4 oz. Mixed Vegetables 4 oz. Apricot Crisp</p>	<p>TUESDAY 17, 2013 1 Burrito (2 oz. Beef, 1 oz. Cheese, 1 oz. Beans, 1 Tortilla) 4 oz. Spanish Rice 8 oz. Lettuce & Tomato 4 oz. Pineapple</p>	<p>WEDNESDAY 18, 2013 3 oz. Pork Stir Fry w/ 4 oz. Veggies 2"x2" Cornbread 4 oz. Peach Cobbler</p>	<p>THURSDAY 19, 2013 1 Chili Dog (2 oz. Frank, 1 oz. Cheese, 1oz. Chili, 1 Bun) 4 oz. Potato Salad 4 oz. Carrots 4 oz. Mandarin Oranges</p>	<p>FRIDAY 20, 2013 3 oz. Oven Fried Chicken 4 oz. Mashed Potatoes w/ 1 oz. Gravy 4 oz. Spinach 1 oz. Roll 4 oz. Jell-O w/ Fruit Cocktail</p>
<p>MONDAY 23, 2013 8 oz. Chicken Lasagna (3 oz. Chicken 1 oz. Cheese, 4 oz. Noodles) 8 oz. Tossed Salad w/ 2T Dressing 1 sl. French Bread 4 oz. Apple Crisp</p>	<p>TUESDAY 24, 2013 1 Chicken Fajita (3 oz. Chicken, 1 Flour Tortilla) 4 oz. Pinto Beans 4 oz. Spanish Rice 4 oz. Lettuce & Tomato 4 oz. Fruit Cocktail</p>	<p>WEDNESDAY 25, 2013 8 oz. Beef Stew w/ Cabbage (3 oz. Beef) 2"x2" Cornbread 4 oz. Peach Cobbler</p>	<p>THURSDAY 26, 2013 1 Tuna Salad Sandwich (4 oz. Tuna Salad, 2 sl. Wheat Bread) 6 oz. Tomato Soup 4 oz. Mandarin Oranges</p>	<p>FRIDAY 27, 2013 1 Navajo Taco (2 oz. ground Beef, 1 oz. Cheese 2 oz. Pinto Beans) 4 oz. Lettuce & Tomato 1 sl. Birthday Cake</p>
<p>MONDAY 30, 2013 3 oz. Meatloaf 4 oz. Mashed potatoes w/ 2T Gravy 8 oz. Carrots 1 sl. Wheat Bread 4 oz. Peach Crisp</p>				<p>8 oz. 2% Milk Served With All Meals</p>



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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: 5	Days in Week: 5	Days in Week: 5	Days in Week: 5	Days in Week: 1
Calories	700	705	735	706	705	714
% Carbohydrates from Calories	45-55%	48%	45%	47%	46%	47%
% Protein from Calories	15-25%	23%	25%	24%	25%	23%
% Fat from Calories	25-35%	27%	28%	28%	28%	29%
Saturated Fat	less than 8g	8g	8g	8g	7.6g	8g
Fiber	5-7g	11g	8g	11g	8g	13g
Vitamin B-12	.8ug	2ug	2.2ug	2ug	2ug	3ug
Vitamin A	300ug RAE	309ug	365ug	742ug	328ug	1353ug
Vitamin C	30mg	58mg	45mg	48mg	45mg	31mg
Iron	2.6mg	5mg	5mg	6mg	5mg	6mg
Calcium	400mg	608mg	499mg	587mg	521mg	503mg
Sodium	less than 1000mg	921mg	613mg	808mg	761mg	989mg

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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