



DEMING SENIOR CENTER FEBRUARY 2013

<p>8 oz. 1% Milk Served With All Meals</p>				<p>FRIDAY 1, 2013 3 oz. Hamburger Steak 2T Brown Gravy with Mushrooms 4 oz. Mashed Potatoes 4 oz. Green Beans with Onions 1 Wheat Roll & 1T Margarine 4 oz. Pineapple Chunks</p>
<p>MONDAY 4, 2013 3 oz. Meatballs 4 oz. Wild Rice 4 oz. Carrots & peppers 1 Breadstick 4 oz. Fruit Yogurt</p>	<p>TUESDAY 5, 2013 1 Chicken Sandwich (3 oz. Chicken, 1 Bun) 4 oz. Celery Sticks 4 oz. Tater Tots 4 oz. Cottage Cheese 4 oz. Peaches</p>	<p>WEDNESDAY 6, 2013 3 oz. Baked Fish 2T Tartar Sauce 4 oz. Tater Tots 4 oz. Broccoli Salad 1 Dinner Roll & 1T Margarine 4 oz. Apricots</p>	<p>THURSDAY 7, 2013 3 oz. Zesty Steak Chili 1 Sl. Cornbread 4 oz. Three Bean Salad 4 oz. Peaches & Strawberries</p>	<p>FRIDAY 8, 2013 1 Chicken Fajita (3 oz. Chicken, 1 oz. Cheese 1 oz. Peppers, 1 Flour Tortilla) 4 oz. Chili Beans w/ Cheese 4 oz. Gelatin 4 oz. Orange Slices</p>
<p>MONDAY 11, 2013 3 oz. Chicken Fried Steak 4 oz. Mashed Potatoes & 2T Gravy 4 oz. Green Beans 1 Wheat Roll 4 oz. Spiced Apples</p>	<p>TUESDAY 12, 2013 3 oz. Baked Chicken 4 oz. Sliced Tomatoes 4 oz. Broccoli & Cheese 1 Roll W/ 1T Margarine 4 oz. Strawberries & Bananas</p>	<p>WEDNESDAY 13, 2013 1 Chili Dog (1 Hot Dog , 1 oz. Chile, 1 Bun) 4 oz. Baked Potato Wedges 4 oz. Mixed Vegetables & Margarine 4 oz. Mandarin Oranges</p>	<p>THURSDAY 14, 2013 GC Chicken Enchilada (2oz, Chicken, 1 oz. Cheese, 1 Corn Tortilla 1 oz. Lettuce & 1 oz. Tomato 4 oz. Pinto Beans 4 oz. Spanish Rice 4 oz. Strawberry 4 oz. Ice Cream</p>	<p>FRIDAY 15, 2013 8 oz. Spaghetti & Sauce 4 oz. Broccoli with Cheese Sauce 1 Sl. Garlic Bread 4 oz. Peaches</p>
<p>Monday 20, 2013 CENTER CLOSED PRESIDENT'S DAY</p>	<p>TUESDAY 19, 2013 3 oz. Sweet and Sour Pork 4 oz. Steamed Rice 4 oz. Carrots w/ Margarine 1 Sl. Whole Wheat Bread w/ 1T Margarine 4 oz. Mandarin Oranges</p>	<p>WEDNESDAY 20, 2013 1 Taco (3 oz. Beef, 1 oz. Cheese, 1 Caron Tortilla) 4 oz. Lettuce / Tomatoes / Onions 4 oz. Spanish Rice 2 oz. Salsa Corn 4 oz. Gelatin</p>	<p>THURSDAY 21, 2013 1 Pizza 3 oz. Sausage Pizza 4 oz. Spinach Salad/2T Dressing 4 oz. Mixed Vegetables 4 oz. Pineapple 1 Peanut Butter Cookie</p>	<p>FRIDAY 22, 2013 3 oz. Meatloaf 4 oz. Au Gratin Potatoes 4 oz. Mixed Vegetables 1 Roll & 1T Margarine 4 oz. Mandarin Oranges</p>
<p>MONDAY 25, 2013 3 oz. Beef Tips 4 oz. Egg Noodles 4 oz. Salad W/ 2T Dressing 4 oz. Peas & Carrots 4 oz. Pears</p>	<p>TUESDAY 26, 2013 3 oz. Chicken Strips 4 oz. Mashed Potatoes 4 oz. Broccoli/Cheese 4 oz. Garden Salad/2T Dressing 1 Roll / 1T Margarine 4 oz. Peaches & Strawberries</p>	<p>WEDNESDAY 27, 2013 3 oz. Pork Stir Fry 4 oz. Stir Fry Vegetables 4 oz. Salad & 2T Dressing 1 Wheat Roll & 1T Margarine 4 oz. Apple Crisp</p>	<p>THURSDAY 28, 2013 1 Chicken Fajita (3 oz. Chicken, 1 oz. Cheese 1 oz. Peppers, 1 Flour Tortilla) 4 oz. Chili Beans w/ Cheese 4 oz. Gelatin 4 oz. Orange Slices</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:1	Days in Week:5	Days in Week:5	Days in Week:5	Days in Week:4
Calories	700	830	705	709	723	735
% Carbohydrates from Calories	45-55%	55%	42%	53%	54%	52%
% Protein from Calories	15-25%	17%	27%	20%	18%	23%
% Fat from Calories	25-35%	25%	30%	25%	26%	23%
Saturated Fat	less than 8g	8g	8g	7.9g	6.9g	5.3g
Fiber	5-7g	13g	6g	11g	6.9g	10g
Vitamin B-12	.8ug	1.9ug	2.8ug	2ug	2.2ug	1.8ug
Vitamin A	300ug RAE	343ug	409ug	393ug	814ug	448ug
Vitamin C	30mg	56mg	56mg	51mg	40ug	50ug
Iron	2.6mg	6.3mg	4.8mg	4.7mg	4.8mg	4.5mg
Calcium	400mg	425mg	541mg	482mg	476mg	426mg
Sodium	less than 1000mg	373mg	763mg	864mg	875mg	795mg

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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