



COLFAX COUNTY SENIOR CITIZENS SEPTEMBER 2015

<p>8 oz. 2% Milk Served With All Meals</p>	<p>TUESDAY 1, 2015 3 oz. Chicken Tenders w/ 2T Gravy 1c Mashed Potatoes 1c Broccoli & Carrots 1 Roll w/ 1 tsp. Margarine 1/2c Chunky Fruit</p>	<p>Wednesday 2, 2015 Green Chile Enchilada Casserole (3 oz. Beef, 1 oz. Cheese, 1 oz. Green Chile, 1 Corn Tortilla) 1/2c Pinto Beans 6 each Crackers 1c Pears in Cottage Cheese</p>	<p>THURSDAY 3, 2015 3 oz. Chicken w/ 2T Mushroom Gravy 1c Rice Pilaf 1c Green Beans 1 Roll w/ 1 tsp. Margarine 1c Mandarin Oranges w/ Jell-O</p>	<p>FRIDAY 4, 2015 Sloppy Joe On Bun (3 oz. Beef, 1 oz. Sauce, 1 Bun) 1c Mixed Vegetables 1/2c Cucumber Salad 1c Sliced Peaches</p>
<p>MONDAY 7, 2015 Closed Labor Day</p>	<p>TUESDAY 8, 2015 Chicken Fajita (3 oz. Chicken, 1 oz. Onion, 1 oz. Green Pepper, 1 Tortilla) 1/2c Blend Vegetable 1/2c Pinto Beans 6 each Crackers 2 each Iced Oatmeal Cookies</p>	<p>Wednesday 9, 2015 3 oz. Meatloaf 1/2c Mashed Potatoes w/ 2T Low Sodium Gravy 1c Mixed Vegetables 1 Roll w/ 1 tsp. Margarine 1/2c Pear</p>	<p>THURSDAY 10, 2015 Chicken Sandwich (4 oz. Chicken 2 sl. Bread) 1/2c Lettice & Tomato 1/2c Potato Salad 1/2c Whipped Jell-O w/ Fruit</p>	<p>FRIDAY 11, 2015 3 oz. Salisbury Steak w/ 2T Low Sodium Gravy 1/2c Parsley Potatoes 1c Carrots 1 Roll w/ 1 tsp. Margarine 1c Lime Jell-O w/ Pineapple</p>
<p>MONDAY 14, 2015 Green Chile Chicken Enchilada Casserole (3 oz. Beef, 1 oz. Cheese, 1 oz. Green Chile, 1 Corn Tortilla) 1/2c Pinto Beans 1c Lettice & Tomato 6 each Crackers 1c Whipped Strawberries & Bananas</p>	<p>TUESDAY 15, 2015 3 oz. Chicken Fried Steak 1/2c Mashed Potatoes w/ 2T Gravy 1/2c Mixed Vegetables 1 Roll w/ 1 tsp. Margarine 1/2c Orange</p>	<p>Wednesday 16, 2015 Fish Sandwich (3 oz. Fish Patty, 1 Bun) 1/2c Broccoli, Carrot, Cucumber Salad 1c Watermelon 1 Oatmeal Cookie</p>	<p>THURSDAY 17, 2015 Beef Stew (3 oz. Beef, 1 oz. Sauce, 1/4c. Veggies, 1/4c. Potato) 1/2c Spinach 1 Biscuit w/ 1 Tsp. Margarine 1 sl. Cake</p>	<p>FRIDAY 18, 2015 4 oz. BBQ Chicken 1/2c Parsley Potatoes 1/2c Mixed Vegetables 1 Roll w/ 1 tsp. Margarine 1 sl. Angel Food Cake</p>
<p>MONDAY 21, 2015 Chili Dog (2 oz. Frank, 1 oz. Cheese, 2 oz. Chili, 1 oz. Onion, 1 Bun) 1/2c Mixed Vegetables 1c Salad w/ 2T Low Fat Dressing 1/2c Orange</p>	<p>TUESDAY 22, 2015 1/2c Spaghetti w/ 1/2c Meat Sauce 1c Corn 1/2c Spinach Salad 1 Roll w/ 1 Tsp. Margarine 1/2c Applesauce</p>	<p>Wednesday 23, 2015 Chicken & Stuff (3 oz. Chicken, 1 oz. Sauce, 1/4c Veggies, 1/4c Potato) 1/2c Broccoli & Cauliflower 1 Roll 1/2c Peaches</p>	<p>THURSDAY 24, 2015 3 oz. Tilapia 1c Potato Wedges 1/2c Carrots 1 Roll 1 sl. Cake</p>	<p>FRIDAY 25, 2015 3 oz. Hamburger Steak w/ 2T Gravy 1c Brown Rice 1 Roll 1/2c Chocolate Pudding</p>
<p>MONDAY 28, 2015 Lasagna (2 oz. Beef, 1 oz. Cheese, 1 oz. Sauce, 1/2c Pasta) 1/2c Spinach Salad 1 Garlic Roll 1c Pears w/ Cottage Cheese</p>	<p>TUESDAY 29, 2015 3oz. Roast Pork w/ 2T Gravy 1/2c Mixed Vegetables 1 Roll w/ 1 tsp. Margarine 1/2c Chocolate Mousse</p>	<p>Wednesday 30, 2015 2 Tacos w/ Fixings (3 oz. Beef, 1 oz. Cheese, 1/2c Lettuce, 1/2c Tomato 2 Corn Tortillas) 1/2c Spanish Rice 1/2c Pinto Beans 2T Salsa 1 sl. Cake</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: 4	Days in Week: 4	Days in Week: 5	Days in Week: 5	Days in Week: 3
Calories	700	703	701	719	706	781
% Carbohydrates from Calories	45-55%	48%	46%	49%	51%	49%
% Protein from Calories	15-25%	25%	23%	22%	22%	25%
% Fat from Calories	25-35%	28%	31%	29%	28%	26%
Saturated Fat	less than 8g	7.1g	7.7g	6.4g	6.8g	8g
Fiber	5-7g	12.7g	12.7g	10g	10.6g	12g
Vitamin B-12	.8ug	2.5ug	2.3ug	2.5ug	2.7ug	3.2ug
Vitamin A	300ug RAE	594ug	806ug	531ug	646ug	615ug
Vitamin C	30mg	62mg	55mg	68mg	46mg	35mg
Iron	2.6mg	4.5mg	4.8mg	5.4mg	5.8mg	7.2mg
Calcium	400mg	474mg	461mg	463mg	458mg	535mg
Sodium	less than 1000mg	936mg	675mg	775mg	694mg	558mg

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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