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

**MENU MARCH, 2022**

**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**

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| **MONDAY, MARCH 7, 2022**  **3oz Country Fried Steak**  **½ c Mashed Potatoes w/ ¼ c Gravy**  **1 c Corn/Green Beans**  **1 ea. WW Roll/ 1 Tbsp.Margarine**  **¾ c Pears** | **TUESDAY, MARCH 8, 2022**  **3oz Lemon Pepper Chicken**  **½ c Parsley Potatoes**  **½ c Spinach**  **½ c Tossed Salad/ 1 Tbsp. Dressing**  **1 ea. WW Roll/ 1 tbsp. Margarine**  **¾ c Peaches/Strawberries** | **WEDNESDAY, MARCH 9, 2022**  **¾ c Red Chili( 3ozBeef) Enchilada**  **½ c Pinto Beans**  **½ c Lettuce/Tomatoes**  **6 ea. Crackers**  **½ c Mandarin Oranges** | **THURSDAY, MARCH 10, 2022**  **Hot (3oz Turkey) 1 sl WW Bread Sandwich**  **½ c Mashed Potatoes w/ ¼ c Gravy**  **1 c California Blend Vegetables**  **½ c Cherry Jell-O w/ ½ c Banana’s** | **FRIDAY, MARCH 11, 2022**  **3oz Ham & 1Sl Cheese, 2 Sl WW Bread Sandwich**  **½ c Baked Beans**  **½ c Lettuce/Tomatoes**  **1 Tbsp. Mayonnaise**  **½ c Apricots** |
| **MONDAY, MARCH 14, 2022**  **1 c( 3ozChicken) Pot Pie**  **( ½ c Mix Vege, ¼ c Potatoes, ¼ c Celery, ¼ c Onion)**  **1 ea. Biscuit/ 1 Tbsp. Margarine**  **½ c Corn**  **¾ c Applesauce** | **TUESDAY, MARCH 15, 2022**  **3oz Pork Chops Italiano**  **(¼ c Gr Pepper & Onion,) ( ¼ c Mushroom, tomatoes)**  **½ c Noodles**  **1 c Assorted Blend Vegetables**  **1 ea. WW Roll/ 1 Tbsp. Margarine**  **¾ c Apricots** | **WEDNESDAY, MARCH 16, 2022**  **3 oz Chicken, ¾ c Fajita blend Vege**  **½ c Pinto Beans**  **½ c Tossed Salad/ 1 Tbsp. Dressing**  **1-6’’ Tortilla**  **½ c Rice Pudding** | **THURSDAY, MARCH 17, 2022**  **St Patrick’s Day**  **3oz Corn Beef**  **½ c Cabbage, 1 med Red Potatoes**  **½ c Carrots**  **¾ c Sliced Apples** | **FRIDAY, MARCH 18, 2022**  **3oz Tuna Salad, 2 sl WW bread Sandwich**  **½ c Lettuce/Tomatoes**  **½ c Coleslaw**  **¾ c Tropical Fruit**  **1 ea. Peanut Butter Cookie** |
| **MONDAY, MARCH 21, 2022**  **1c (3oz Beef)Goulash**  **1 c Green Beans & Onions**  **1 ea. Roll/ 1 Tbsp. Margarine**  **¾ c Fruit Compote** | **TUESDAY, MARCH 22, 2022**  **3 oz Baked Chicken w/ ¼ c Gravy**  **½ c Parsley Potatoes**  **1 c Peas**  **1 ea. WW Roll/ 1 Tbsp. Margarine**  **2x2 pc. Black Forest Cake** | **WEDNESDAY, MARCH 23, 2022**  **¼ c sauce (3oz Beef) & ¼ c Potato 1- 8’’ tortilla Burrito**  **½ c Pinto Beans**  **½ c Tossed Salad/ 1 tbsp. Dressing**  **½ c Strawberries** | **THURSDAY, MARCH 24, 2022**  **3 oz Baked Ham**  **½ c Sweet Potatoes**  **½ c Broccoli**  **½ c Tossed Salad w/ 1 Tbsp. Dressing**  **1 ea. WW Roll/ 1 Tbsp. Margarine**  **¾ c Plums** | **FRIDAY, MARCH 25, 2022**  **3 oz Chicken Salad, 2 Sl WW Bread, Sandwich**  **½ c Lettuce/Tomatoes**  **½ c Carrot Raisin Salad**  **¾ c Mandarin Orange & Strawberries** |
| **MONDAY, MARCH 28, 2022**  **3 oz Pork Cutlet**  **½ c Mashed Potato w/ ¼ c Gravy**  **1 c Chuck Wagon Corn**  **1 ea. WW Roll/1 Tbsp. Margarine**  **¾ c Fruit Cocktail** | **TUESDAY, MARCH 29, 2022**  **3oz Beef Stroganoff**  **(¼ c Onion, ¼ c Bell Peppers)**  **½ c Noodles**  **¾ c Carrots**  **1 ea. WW Roll/ 1 Tbsp. Margarine**  **¾ c Mandarin Oranges** | **WEDNESDAY, MARCH 30, 2022**  **3oz pork, 1oz masa, Tamales**  **½ c Pinto Beans**  **½ c Tossed Salad w/ 1 Tbsp. Dressing**  **1 ea. Oatmeal Cookie**  **3oz Vanilla Pudding** | **THURSDAY, MARCH 31, 2022**  **3 oz Meat Loaf**  **½ c Mashed Potato w/ ¼ c Gravy**  **1 c Green Beans/Corn**  **1 ea. WW Roll/1Tbsp.Margarine**  **½ c Peaches** | **FRIDAY, APRIL 1 , 2022**  **¼ c Green Chile, 1 Sl Cheese, 3oz Burger, 1 WW Bun**  **½ c Lettuce/tomatoes/ ½ c Onion/Pickles**  **12 ea. Sweet Potato Fries**  **1 Tbsp. Mayonnaise/ 1 Tbsp. Mustard**  **½ c Applesauce** |

**2% MILK SERVED WITH ALL MEALS**

***Nutrient Table***

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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:**  **5** | **Days in Week: 5** |
| Calories | 700 | 741.7 | 736.4 | 752.0 | 711 | n/a |
| % Carbohydrates from Calories | 45-55% | 49.9 | 51.4 | 47.7 | 51.4 |  |
| % Protein from Calories | 15-25% | 24.3 | 22.5 | 24.0 | 21.9 |  |
| % Fat from Calories | 25-35% | 25.6 | 25.9 | 28.1 | 25.5 |  |
| Saturated Fat | less than 8g | 7.63 | 7.0 | 7.7 | 7.0 |  |
| Fiber | 10g | 14.8 | 13.2 | 13.2 | 11.7 |  |
| Vitamin B-12 | .8ug | 2.2 | 2.3 | 2.5 | 2.8 |  |
| Vitamin A | 300ug RAE | 553.9 | 535.6 | 573.3 | 667.9 |  |
| Vitamin C | 30mg | 75.7 | 83.2 | 91.6 | 48.8 |  |
| Iron | 2.6mg | 6.6 | 5.0 | 6.3 | 5.2 |  |
| Calcium | 400mg | 554.4 | 459.3 | 448.5 | 455.1 |  |
| Sodium | less than 766mg | 666.5 | 740.9 | 678.5 | 729.8 |  |

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, RDN, LD