



Thoreau Seniors Center DECEMBER 2013

MONDAY 2, 2013 8 oz. Spaghetti W/ Meat Sauce 4 oz. Tossed Salad 4 oz. Spanish 1 sl. French Bread 4 oz. Peaches	TUESDAY 3, 2013 3 oz. Baked Chicken 4 oz. Mashed Potatoes 1 oz. Gravy 4 oz. Green Beans 4 oz. Carrots 1 oz. Dinner Roll 4 oz. Fruit Cocktail	Wednesday 4, 2013 1 Ham & Cheese Sandwich (2 oz. Ham, 1 oz. Cheese, 2 sl. Bread) 4 oz. Chicken Noodle Soup 4 oz. Broccoli 1 sl. Bread 4 oz. Peaches	THURSDAY 5, 2013 Pork/Bean Burrito (2 oz. Pork, 2 oz. Beans, 1 Tortilla) 4 oz. Brown Rice 4 oz. Broccoli 4 oz. Stewed Tomatoes 4 oz. Jell-O W/ Pears	FRIDAY 6, 2013 1 Sloppy Joe (3 oz. Beef, 1 Bun) 4 oz. Zucchini 4 oz. Carrot Salad 1 sl. Pineapple Cake
MONDAY 9, 2013 3 oz. Meatloaf 4 oz. Mashed Potatoes 1 oz. Gravy 4 oz. Broccoli 4 oz. Beets 4 oz. Pears	TUESDAY 10, 2013 3 oz. BBQ Chicken 4 oz. Steamed Rice 4 oz. Spinach 4 oz. Carrots 1 sl. Cornbread 4 oz. Mandarin Oranges	Wednesday 11, 2013 8 oz. Lasagna 4 oz. Tossed Salad 4 oz. Green Beans 1 sl. French Bread 4 oz. Fruit Cocktail	THURSDAY 12, 2013 3 oz. Tuna Salad 8 oz. Tomato Soup 4 oz. Mixed Vegetables 1 sl. Wheat Bread 4 oz. Peach Cobbler	FRIDAY 13, 2013 8 oz. Pork Posole 4 oz. Zucchini 4 oz. Beets 1 sl. Corn Bread 4 oz. Jell-O w/ Plums
MONDAY 16, 2013 8 oz. Ham & Scaloped Potatoes 4 oz. Green Beans 4oz. Diced Carrots 1 oz. Biscuit 4 oz. Pears	TUESDAY 17, 2013 8 oz. Tuna Casserole 4 oz. Mixed Vegetables 4 oz. Beets 1 oz. Biscuits 4 oz. Mandarin Oranges	Wednesday 18, 2013 8 oz. Pork Stew 8 oz. Tossed Salad 4 oz. Broccoli 1 sl. Corn Bread 4 oz. Apricots	THURSDAY 19, 2013 3 oz. Baked Ham 4 oz. Candied Yams 4 oz. Green Beans 4 oz. Diced Carrots 1 oz. WW Roll 1 sl. Strawberry Cake	FRIDAY 20, 2013 1 Navajo Taco (1 oz. Beef, 1 oz. Beans, 1 oz. Cheese) 4 oz. Beets 4 oz. Green Salad 4 oz. Pineapple
MONDAY 23, 2013 1 Beef Burrito (3 oz. Beef, 1 Tortilla) 4 oz. Spanish Rice 4 oz. Spinach 4 oz. Mixed Vegetables 4 oz. Pears	TUESDAY 24, 2013 Hot Pork Sandwich (3 oz. Pork, 1 sl. Bread, 1 oz. Gravy) 4 oz. Mashed Potatoes 1 oz. Gravy 4 oz. California Vegetables 4 oz. Broccoli 4 oz. Pineapple 1 sl. WW Bread	Wednesday 25, 2013 CLOSED FOR CHRISTMAS DAY MERRY CHRISTMAS TO ALL!!	THURSDAY 26, 2013 8 oz. Cheesy Chicken Rice 4 oz. Stewed Tomatoes 4 oz. Mixed Vegetables 1 oz. WW Roll 4 oz. Apple Cobbler	FRIDAY 27, 2013 Pork Stir Fry (3 oz. Pork, 3 oz. Vegetables) 4 oz. Rice 4 oz. Spinach 1 Tortilla 4 oz. Orange
MONDAY 30, 2013 6 oz. Spinach Quiche 8 oz. Mixed Vegetable 4 oz. Spinach 1 oz. Biscuit 4 oz. Plum Cobbler	TUESDAY 31, 2013 1 Chili Dog (3 oz. Frank, 1 bun 1 oz. Chili) 4 oz. Roasted Potatoes 8 oz. Carrots 8 oz. Pear	All Meals Served with 8oz. 2% Milk		

North Central New Mexico Economic Development District
 Council of Governments
 Non-Metro Area Agency on Aging
 PO Box 5115 Santa Fe NM 87502
 505-827-7313



Thoreau Seniors Center DECEMBER 2013

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: 4	Days in Week: 2
Calories	700	754	709	703	703	701
% Carbohydrates from Calories	45-55%	49%	47%	46%	45%	52%
% Protein from Calories	15-25%	24%	21%	23%	25%	16%
% Fat from Calories	25-35%	25%	30%	30%	29%	32%
Saturated Fat	less than 8g	7.6g	8g	8g	8g	8g
Fiber	5-7g	13g	9g	11g	11g	13g
Vitamin B-12	.8ug	2.3ug	2.6ug	2.5ug	3.1ug	1.9ug
Vitamin A	300ug RAE	653ug	486ug	625ug	875ug	1416ug
Vitamin C	30mg	36mg	50mg	45mg	57mg	30mg
Iron	2.6mg	6.5mg	5.5mg	4.5mg	8mg	7mg
Calcium	400mg	486mg	510mg	488mg	561mg	603mg
Sodium	less than 1000mg	867mg	889mg	989mg	580mg	855mg

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.

Jennifer Gilmore, RD, LD

North Central New Mexico Economic Development District
 Council of Governments
 Non-Metro Area Agency on Aging
 PO Box 5115 Santa Fe NM 87502
 505-827-7313