**Quemado Senior Center DECEMBER 2020**



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| --- | --- | --- | --- | --- |
| **Monday Nov 30, 2020****Sloppy Joe** **(3 oz. Ground Beef, 3 oz. Bell Pepper/Onion/ Tomato Sauce,****1 Bun)****1c Tossed Salad w/** **2T Low Fat Dressing** **1/2c Green Beans****1/2c Pineapple** | **TUESDAY 1, 2020** **3 Med. Scrambled Eggs** **1 Biscuit w/ 1/4c Gravy** **1 oz. Low Sodium Sausage****1c Hash Browns w/ Peppers****1/2c Mandarin Oranges**  | **Wednesday 2, 2020** **1 Ham & Cheese Sandwich** **(2 oz. Low Sodium Ham,** **1 oz. Cheese, 2 sl. Bread,** **1/2c Lettuce & Tomato)** **1/2c Chicken Noodle Soup** **1/2c Broccoli** **1 sl. Bread w/ 1 tsp. Margarine****1/2c Peaches**  | **THURSDAY 3, 2020** **Pork/Bean Burrito** **(2 oz. Pork, 1/2c Beans,** **1 Tortilla)** **1/2c Brown Rice**  **1/2c Broccoli** **1/2c Stewed Tomatoes** **1/2c Pears in 1/2c Jell-O**  | **FRIDAY 4, 2020** **1 Sloppy Joe** **(3 oz. Beef, 1oz. Sauce, 1 Bun)** **1/2c Zucchini** **1/2c Carrot Salad** **1 sl. Pineapple Cake**  |
| **MONDAY 7, 2020** 1. **oz. Meatloaf**

**1/2c Mashed Potatoes****1 oz. Low Sodium Gravy** **1/2c Broccoli** **1/2c Beets** **1 oz. WW Roll w/** **1 tsp. Margarine****1/2c Pears**  | **TUESDAY 8, 2020**1. **oz. BBQ Chicken**

**1/2c Steamed Rice****1/2c Spinach** **1/2c Carrots**  **1 sl. Cornbread w/** **1 tsp. Margarine****1/2c Mandarin Oranges**  | **Wednesday 9, 2020** **Lasagna** **(1/2c Pasta, 2oz. Cheese,** **1oz. Ground Beef)****1/2c Tossed Salad w/** **2T Low Fat Dressing****1/2c Green Beans** **1 sl. French Bread w/** **1 tsp. Margarine****1/2c Fruit Cocktail**  | **THURSDAY 10, 2020** **1/2c Tuna Salad** **1c Tomato Soup** **1/2c Mixed Vegetables** **1 sl. Wheat Bread w/** **1 tsp. Margarine****1/2c Peach Cobbler**  | **FRIDAY 11, 2020** **1 oz. Low Sodium Bacon****1c Hash Browns & Onions****3 Med. Scrambled Eggs** **1 Biscuit w/ 1 tsp. Margarine** **1/2c Fruit Cocktail in 1/2c Yogurt** **1/2c Apple**  |
| **MONDAY 14, 2020****Ham & Scalloped Potatoes****(3 oz. Low Sodium Ham,** **1 oz Sauce, 1/2c Potatoes)** **1/2c Green Beans** **1/2c Diced Carrots** **1 oz. Biscuit w/ 1 tsp. Margarine****1/2c Pears**  | **TUESDAY 15, 2020****Soft Beef Tacos****(3 oz. Beef, 0.5 oz. Cheese, 1/2c Lettuce & Tomato, 2 Tortillas)****1/2c Pinto Beans****1/2c Yellow Squash****1/2c Peaches**  | **Wednesday 16, 2020** **Green Chili Pork Stew****(3 oz. Pork, 1/4c Green Chile,** **1/2c Potato & Onion)** **1c Tossed Salad w/** **2T Low Fat Dressing****1/2c Broccoli** **1 sl. Cornbread** **1/2c Apricots**  | **THURSDAY 17, 2020****Cheesy Chicken Rice****(3 oz. Chicken, 1 oz. Cheese,** **1/2c Rice)** **1/2c Stewed Tomatoes** **1/2c Mixed Vegetables** **1 oz. WW Roll w/** **1 tsp. Margarine****1/2c Apple Cobbler**  | **FRIDAY 18, 2020****Pork Stir Fry** **(3 oz. Pork, 1/2c Vegetables)** **1/2c Rice****1/2c Spinach** **1 Tortilla** **1/2c Orange**  |
| **MONDAY 21, 2020****1 Beef Burrito** **(3 oz. Beef, 1 Tortilla)** **1/2c Spanish Rice** **1/2c Spinach** **1/2c Mixed Vegetables** **1/2c Pears**  | **TUESDAY 22, 2020** **Hot Pork Sandwich** **(3 oz. Pork, 1 sl. Bread,** **1 oz. Gravy)** **1/2c Mashed Potatoes** **1 oz. Gravy** **1/2c California Vegetables** **1/2c Broccoli,** **1 sl. WW Bread w/** **1 tsp. Margarine****1/2c Pineapple**  | **Wednesday 23, 2020** **1 Navajo Taco** **(1 oz. Beef, 1/2c Beans,** **1 oz. Cheese, 1/2c Lettuce & Tomato,** **1 oz. Fry Bread)** **1/2c Beets** **1/2c Green Salad w/** **2T Low Fat Dressing****1/2c Pineapple**  | **THURSDAY 24, 2020** 1. **oz. Low Sodium Baked Ham**

**1/2c Candied Yams****1/2c Green Beans** **1/2c Diced Carrots** **1 oz. WW Roll w/ 1 tsp. Margarine****1 sl. Strawberry Cake**  | **FRIDAY 25, 2020** **CLOSED FOR CHRISTMAS DAY MERRY CHRISTMAS TO ALL!!**  |
| **MONDAY 28, 2020** **Spinach Quiche****(3 Med. Eggs, 1 oz. Cheese,** **1/4c Spinach)** **1c Mixed Vegetable** **1/2c Spinach** **1 oz. Biscuit w/ 1 tsp. Margarine****1/2c Plum Cobbler**  | **TUESDAY 29, 2020**1. **Chili Dog**

**(1 oz. Frank, 1 Bun,** **2 oz. Beef Chili)****1/2c Roasted Potatoes****1c Carrot****1c Pears** | **Wednesday 30, 2020****3oz. Baked Chicken****1/2c Mashed Potatoes**  **1 oz. Low Sodium Gravy****1/2c Green Beans****1/2c Carrots**   **1 Dinner Roll w/ 1 tsp. Margarine****1/2c Fruit Cocktail** | **THURSDAY 31, 2020** **1/2c Spaghetti W/ 4 oz. Meat Sauce** **1/2c Tossed Salad w/** **2T Low Fat Dressing****1/2c Spinach** **1 sl. French Bread w/** **1 tsp. Margarine****1/2c Peaches**  | **CLOSED FOR NEW YEAR’S** **All Meals Served with** **8 oz. 2% Milk** |

**North Central New Mexico Economic Development District**

**Council of Governments**

**Non-Metro Area Agency on Aging**

**3900 Paseo del Sol**

**Santa Fe, NM 87507**

**505-827-7313**

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# 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: 4**  | **Days in Week: 4**  |
| **Calories**  | 700 or more | 709.9 | 788.3 | 716.9 | 714.6 | 701.2 |
| **% Carbohydrates from Calories**  | 45-55% | 48.5% | 50.3% | 50.9% | 53.4% | 47.1% |
| **% Protein from Calories**  | 15-25% | 23.4% | 20.8% | 22.9% | 21% | 22.2% |
| **% Fat from Calories**  | 25-35% | 28.2% | 28.9% | 26.2% | 25.6% | 30.7% |
| **Saturated Fat**  | less than 8g | 6.7g | 6.4g | 6g | 6.2g | 7.2g |
| **Fiber**  | 10g or more | 10.7g | 12.5g | 12.7g | 14.3g | 12.8g |
| **Vitamin B-12**  | .8ug or more | 2.3ug | 3ug | 2ug | 2.2ug | 2.6ug |
| **Vitamin A**  | 300ug RAE or more | 523.8ug | 659ug | 738.7ug | 697.2ug | 1203.5ug |
| **Vitamin C**  | 30mg or more | 69.1mg | 50.6mg | 66.8mg | 52.2mg | 44.4mg |
| **Iron**  | 2.6mg or more | 5.4mg  | 6.3mg | 5.6mg | 6.1mg | 7mg |
| **Calcium**  | 400mg or more | 485.6mg | 509.8mg | 503.2mg | 503.2mg | 516mg |
| **Sodium**  | less than 766mg | 687.2mg | 580.4mg | 562.8mg | 713.6mg | 604.8mg  |

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 Pas, RD, LD

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