**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**

**Quemado Seniors Center DECEMBER 2020**

# 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: 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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