



Sandoval County Senior Program January 2018

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| <p>MONDAY 1, 2018</p> <p>Happy New Years All Centers Closed</p> | <p>TUESDAY 2, 2018</p> <p>Happy New Years All Centers Closed</p> | <p>WEDNESDAY 3, 2018*</p> <p>4 oz. BBQ Chicken Breast 1/2c Baked Beans 1/2c Steamed Green Beans 1c Tossed Salad w/ 2T Low Fat Dressing 1 WW Roll w/ 1 tsp. Margarine 1/2c Chilled Fruit Cocktail</p> | <p>THURSDAY 4, 2018*</p> <p>3 oz. Baked Pork Chop 1/2c Parslied Red Potatoes 1/2c Country Vegetables 1c Mixed Greens Salad w/ 2T Low Fat Dressing 1 Biscuit w/ 1 tsp. Margarine 1/2c Chilled Applesauce</p> | <p>FRIDAY 5, 2018*</p> <p>Chicken on a Biscuit (3 oz. Chicken, 1 oz. Biscuit 2 oz. Veggies & 2 oz. Potatoes) 1/2c Steamed Broccoli 1c Tossed Salad w/Dressing 1/2c Fruit Crisp</p> |
| <p>MONDAY 8, 2018*</p> <p>3 oz. Chicken Bites 1/2c Roasted Red Potatoes 1/2c Steamed Peas and Carrots 1c Mixed Greens Salad w/Dressing 1 WW Roll w/ 1 tsp. Margarine 1/2c Chilled Apricots</p> | <p>TUESDAY 9, 2018</p> <p>Egg Salad Sandwich (4 oz. Egg Salad, 2 sl. Bread) 1/2c Coleslaw 1/2c Vegetables with Pasta Salad 1/2c Chilled Applesauce 1 Oatmeal Cookie</p> | <p>WEDNESDAY 10, 2018*</p> <p>Shepard's Pie (3 oz. Beef, 2 oz. Mashed Potatoes, 2 oz. Veggies, 1 oz. Sauce) 1/2c Steamed Cauliflower 1c Garden Salad w/ 2T Low Fat Dressing WW Roll w/ 2T Low Fat Dressing 1 Fresh Banana</p> | <p>THURSDAY 11, 2018*</p> <p>Chicken W/Veggies (3 oz. Chicken, 4 oz. Veggies, 1 oz. Sauce) 1/2c Herbed Pasta 1c Caesar Salad w/ 2T low Fat Dressing 1 sl. Garlic Toast 1/2c Chilled Fruit Cocktail</p> | <p>FRIDAY 12, 2018*</p> <p>Beef Lasagna (3 oz. Beef, 1 oz. Sauce, 1 oz. Cheese, 4 oz. Noodles) 1/2c Italian Green Beans 1c Caesar Salad w/ 2T Low Fat Dressing 1 sl. Garlic Toast 1/2c Chilled Peaches</p> |
| <p>MONDAY 15, 2018</p> <p>Black Eyed Peas and Ham (2oz Low Sodium Ham, 4oz Black Eyed Peas, 1 oz. Low Sodium Broth) 1c Garden Salad w/ 2T Low Fat Dressing 1 sl. Green Chili Cornbread 1/2c Fresh Apple Slices</p> | <p>TUESDAY 16, 2018*</p> <p>Sloppy Joe Sandwich (3 oz. Beef, 1 oz. Sauce, 1 Bun) 1c Roasted Red Potatoes 1c Steamed Broccoli 1c Garden Salad w/Dressing 1/2c Chilled Peaches</p> | <p>WEDNESDAY 17, 2018</p> <p>Chef's Salad (1 oz. Turkey, 1 oz. Low Sodium Ham, 1 oz. Cheese, 1/2 HB Egg, 1c lettuce & Tomato, 1 oz. Low Fat Dressing) 1 oz. Croutons and 6 Low Sodium Crackers 1 Fresh Orange 1/2c Tapioca Pudding</p> | <p>THURSDAY 18, 2018*</p> <p>Stuffed Bell Peppers (3 oz. Bell Pepper, 3 oz. Beef, 2 oz. Sauce) 1c Steamed Green Beans 1c Garden Salad w/Dressing 1 WW Roll w/ 1 tsp. Margarine 1/2c Chilled Pears</p> | <p>FRIDAY 19, 2018</p> <p>Fish Filet Sandwich (4 oz. Baked Fish, 1 Bun) 1c Roasted Herbed Potatoes 1/2c Steamed Baby Carrots 1/2c Coleslaw 1/2c Chilled Fruit Cocktail</p> |
| <p>MONDAY 22, 2018*</p> <p>3 oz. Salisbury Steak 2 oz. Mushroom Gravy 1 med. Baked Potato 1/2c Steamed Cabbage 1 c Mixed Greens Salad w/ 2T Low Fat Dressing 1 WW Roll w/ 1 tsp. Margarine 1/2c Chilled Pears</p> | <p>TUESDAY 23, 2018*</p> <p>4 oz. Garlic/Ginger Chicken 1/2c Steamed Brown Rice 1c Steamed Carrots/Peas 1 c Garden Salad w/ 2T Low fat Dressing 1 Sweet Roll w/t tsp. Margarine 1/2c Chilled Pineapple Tidbits</p> | <p>WEDNESDAY 24, 2018*</p> <p>4 oz. Meatloaf 1/2c Mashed Potatoes/ 1 oz. Low Sodium Gravy 1c Tossed Salad w/ 2T Low Fat Dressing 1 Biscuit w/Margarine 1/2c Fresh Apple Slices</p> | <p>THURSDAY 25, 2018*</p> <p>3 oz. Roasted Pork Loin 1/2c Brown Rice Pilaf 1c Mixed Green Salad w/ 2T Low Fat Dressing 1 WW Roll w/ 1 tsp. Margarine 1/2c Chilled Fruit Cocktail</p> | <p>FRIDAY 26, 2018</p> <p>Frito Pie (3 oz. Beef, 1 oz. Cheese, 1 oz. Fritos, 1c lettuce & Tomato) 1/2c Chuckwagon Corn 1 Flour Tortilla 1 Peach</p> |
| <p>MONDAY 29, 2018*</p> <p>3 oz. Country Fried Steak 1/2c Mashed Potatoes / 1 oz. Low Sodium Gravy 1/2c Steamed Cauliflower 1c Garden Salad w/Dressing 1 Biscuit w/Margarine 1/2c Chilled Pears</p> | <p>TUESDAY 30, 2018</p> <p>GC Chicken Enchiladas (3 oz. Chicken, 1 oz. Cheese, 1 oz. Green Chile, 2 Corn Tortillas) 1/2c Spanish Rice 1/2c Steamed Zucchini/Onions 1/2c Lettuce & Tomato 1/2c Chilled Peaches</p> | <p>WEDNESDAY 31, 2018*</p> <p>1c Spaghetti w/4 oz. Meat Sauce 1c Steamed Italian Vegetables 1c Caesar Salad w/Dressing 1 sl. Garlic Toast 1/2c Chilled Fruit Cocktail</p> | <p>SENIOR MEAL SUGGESTED DONATION LUNCH \$2.00 UNDER 60 \$6.00</p> <p>MENU SUBJECT TO CHANGE</p> | <p>2% Milk Served w/Each Meal Canned Fruit is in Lite Syrup</p> <p>WW = Whole Wheat GC = Green Chili RC = Red Chili HM = Honey Mustard</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: 5 | Days in Week: 4 | Days in Week: 5 | Days in Week: 3 |
| Calories | 700 or more | 702 | 713 | 755 | 751 | 717 |
| % Carbohydrates from Calories | 45-55% | 51.7% | 49.7% | 49.6% | 49.1% | 49.3% |
| % Protein from Calories | 15-25% | 23.2% | 23% | 23.4% | 23.4% | 22.5% |
| % Fat from Calories | 25-35% | 25% | 27.3% | 27% | 27.5% | 28.2% |
| Saturated Fat | less than 8g | 5g | 5.9g | 6.3g | 7.1g | 6.7g |
| Fiber | 10g or more | 14.1g | 10.5g | 13g | 11.4g | 10.4g |
| Vitamin B-12 | .8ug or more | 1.6ug | 2.4g | 2.9ug | 2.7ug | 2.5ug |
| Vitamin A | 300ug RAE or more | 701ug | 867ug | 1068ug | 935ug | 699ug |
| Vitamin C | 30mg or more | 59.8mg | 31.8mg | 93.6mg | 77.2mg | 62.7mg |
| Iron | 2.6mg or more | 6.3mg | 6.2mg | 6.2mg | 7.3mg | 5.8mg |
| Calcium | 400mg or more | 513mg | 470mg | 552mg | 519mg | 423mg |
| Sodium | less than 766mg | 764.9mg | 542.4mg | 628mg | 637mg | 706mg |

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