



RAMAH SENIOR CENTER APRIL 2013

MONDAY 1, 2013 8 oz. Pork Posole (3 oz. Pork, 3 oz. Hominy) 4 oz. Tossed Salad, w/ 2T Dressing 4 oz. Broccoli 1 sl. Corn Bread 1 Orange	TUESDAY 2, 2013 1 Chicken Fajita (3 oz. Chicken, 2 oz. Peppers, 1 Tortilla) 4 oz. Spanish Rice 4 oz. Pinto Beans 2 oz. Lettuce & Tomato 4 oz. Plum Cobbler	Wednesday 3, 2013 8 oz. Spaghetti W/ Meat Sauce 4 oz. Caesar Salad W/ 2T Dressing 4 oz. Green Beans 1 sl. French Bread 4 oz. Chilled Pears	THURSDAY 4, 2013 8 oz. Chicken A La King 4 oz. mixed Vegetables 4 oz. Harvard Beets 1 WW Roll 4 oz. Mandarin Oranges	FRIDAY 5, 2013 1 Chile Dog (3oz. Frank, 1 oz. Chili, 1 Bun) 4oz. California Blend Vegetables 4 oz. Steamed Cabbage 4 oz. Apple Crisp
MONDAY 8, 2013 8 oz. Chicken Pot Pie 4 oz. Mixed Vegetables 4 oz. Broccoli 4 oz. Chilled Peaches	TUESDAY 9, 2013 4 oz. Tuna Salad 8 oz. Tomato Soup 4 oz. Green Beans 2 sl. Wheat Bread 4 oz. Strawberry Jell-O	Wednesday 10, 2013 1 BBQ Pork Sandwich (3 oz. Pork, 1 Bun) 4 oz. Mixed Vegetables 4 oz. Zucchini 3 oz. Potato Medallions 1 Orange	THURSDAY 11, 2013 8 oz. Chicken And Dumplings 4 oz. Carrot, Raisin Salad 1 Biscuit 4 oz. Chilled Pineapple Tidbits	FRIDAY 12, 2013 6 oz. Meatloaf 4 oz. Mashed Potatoes 1 oz. Gravy 8 oz. Green Peas 4 oz. Pineapple 3 oz. Pudding
MONDAY 15, 2013 3 oz. Roast Beef 1 Baked Potato w/ 1T Margarine 8 oz. Harvard Beets 1 WW Roll w/ 1T Margarine 4 oz. Chilled Pears	TUESDAY 16, 2013 1 Egg Salad Sandwich (4oz Egg Salad, 2 Sl Bread) 4 oz. Carrots 4 oz. Zucchini 2 sl. WW Bread 4 oz. Jell-O w/ Peaches	Wednesday 17, 2013 1 Red Chili Chicken Enchilada (3 oz. Chicken, 2T Red Chili, 1 Corn Tortilla) 4 oz. Spanish Rice 4 oz. Pinto Beans 2 oz. Lettuce & Tomato 4 oz. Chilled Apricots	THURSDAY 18, 2013 4 oz. Baked Pork Chop 4 oz. Sweet Potato Soufflé 8 oz. Carrots 1 WW Roll 1T Margarine 4 oz. Fruit Cocktail	FRIDAY 19, 2013 1 Navajo Taco (2 oz. Beef, 1 oz. Cheese, 1 Flat Bread) 4 oz. Pinto Beans 4 oz. Asparagus 2 oz. Lettuce & Tomato 4 oz. Chilled Plums
MONDAY 22, 2013 8 oz. Beef Stew (3 oz. Beef, 2 oz. Vegetables, 1 oz. Potatoes, 2 oz. Gravy) 4 oz. Steamed Cabbage 4 oz. Seasoned Green Beans 1 sl. Cornbread w/ 1T Margarine 4 oz. Chocolate Pudding	TUESDAY 23, 2013 5 oz. BBQ Chicken 4 oz. Roasted Potato Wedges 4 oz. Peas & Carrots 1 WW Roll 4 oz. Peach Cobbler	Wednesday 24, 2013 1 Green Chili Beef Enchilada (3 oz. Beef, 2T Green Chili, 1 Corn Tortilla) 4 oz. Lettuce & Tomato 4 oz. Pinto Beans 3 oz. Spanish Rice 4 oz. Pudding W/ Vanilla Wafers	THURSDAY 25, 2013 3 oz. Ham 4 oz. Scalloped Potatoes 4 oz. Green Beans 4 oz. Stewed Tomatoes 1 Biscuit 4 oz. Apricot Crisp	FRIDAY 26, 2013 1 Hamburger (3 oz. Beef, 1 Bun) 1 oz. Lettuce, 1 oz. Tomato, 1 Sl. Onion 3 oz. Potato Salad 4 oz. Harvard Beets 1 Chocolate Chip Cookie
MONDAY 29, 2013 3 oz. Shepard's Pie w/ 2 oz. Mashed Potatoes 4 oz. Mixed Vegetables 4 oz. Spinach 1 Biscuit 4 oz. Chilled Pears	TUESDAY 30, 2013 1 Sloppy Joe (3 oz. Beef, 1 Bun) 4 oz. Carrot, Raisin Salad 4 oz. Green Peas 1 sl. Pineapple Upside Down Cake			8 oz. 1% Low Fat Milk Served With All Meals

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



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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: 5	Days in Week: 5	Days in Week: 5	Days in Week: 5	Days in Week: 2
Calories	700	701	738	700	703	821
% Carbohydrates from Calories	45-55%	51%	53%	49%	46%	51%
% Protein from Calories	15-25%	23%	21%	21%	22%	19%
% Fat from Calories	25-35%	25%	25%	28%	31%	29%
Saturated Fat	less than 8g	6.5g	6g	6.8g	7.3g	8g
Fiber	5-7g	10g	10g	10g	7g	11g
Vitamin B-12	.8ug	1.6ug	2.2ug	2.2ug	2.6ug	3ug
Vitamin A	300ug RAE	323ug	322ug	579ug	420ug	581ug
Vitamin C	30mg	49mg	62mg	35mg	35mg	30mg
Iron	2.6mg	5mg	5mg	5.8mg	5mg	7.6mg
Calcium	400mg	495mg	519mg	496mg	482mg	499mg
Sodium	less than 1000mg	960mg	980mg	768mg	995mg	785mg

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.

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