

8oz. 2% Milk
Served with all
meals

CRSMA SENIOR DINERS' CLUB JUNE 2018

<p>Board Meeting June 21, 2018 Time: 1:30 p.m. Location: CRSMA</p>	<p>Curry Resident Senior Meals Association 901 w. 13th Clovis, NM 88101 (575) 762-9405 E-Mail: crsmacperez@gmail.com</p>			<p>FRIDAY 1, 2018 1 Chicken Sandwich 1oz. Lettuce, 1oz. Tomato, 1 slice Cheese 4 oz. Kidney Bean Salad 4 oz. French Fries 4 oz. Mandarin Oranges</p>
<p>MONDAY 4, 2018 3 oz. Chicken Strips 4oz. Mashed Potatoes w/ Gravy 4oz. Salad w/ 2T Low Fat Dressing 1Dinner Roll w/ 1tsp. Margarine 4 oz. Fruit Yogurt</p>	<p>TUESDAY 5, 2018 6 oz. Frito Pie 2 oz. Lettuce/ 2 oz. Tomato 1 oz. Onion/ .25 oz. Cheese 4 oz. Vegetables 4 oz. Jell-O w/ Fruit</p>	<p>WEDNESDAY 6, 2018 3oz. BBQ Chicken 4oz. Potato Salad 4 oz. Vegetables 1Dinner Roll w/ 1tsp. Margarine 4oz. Cobbler</p>	<p>THURSDAY 7, 2018 1 Red Chile Beef Enchiladas 4oz. Pinto Beans 4oz. Salad w/ 2T Low Fat Dressing 4oz. Chip w/ 2oz. Salsa 4oz. Lemon Dessert</p>	<p>FRIDAY 8, 2018 1 French Dip Sandwich 4oz. Salad w/ 2T Low Fat Dressing 1 Baked Potato 2oz. Pickles & Onions 4oz. Banana Pudding w/ Wafer cookies</p>
<p>MONDAY 11, 2018 1 Green Chile Cheeseburger 1oz. Lettuce, Tomato & Onions 4oz. Curly Fries 4oz. Baked Beans 4 oz. Ice Cream</p>	<p>TUESDAY 12, 2018 4oz. Country Fried Steak 4oz. Mashed Potatoes w/ Gravy 4oz. California Vegetable 1Dinner Roll w/ 1tsp. Margarine 1Sl. Cheesecake</p>	<p>WEDNESDAY 13, 2018 3oz. Country Ham 4oz. Scalloped Potatoes 4oz. Mixed Vegetable 1Sl. Cornbread w/ 1tsp. Margarine 4oz. Spiced Apples</p>	<p>THURSDAY 14, 2018 1 Chile Relleno 4oz. Pinto Beans 4oz. Salad w/ 2T Low Fat Dressing 4oz. Chip w/ 2oz. Salsa 1 Cookie</p>	<p>FRIDAY 15, 2018 1 Fried Chicken 4oz. Mac n Cheese 4oz. Salad w/ 2T Low Fat Dressing 1 Ea. Biscuit 1 Sl. Peach Dump Cake</p>
<p>MONDAY 18, 2018 6oz. Spaghetti w/Meat Sauce 4oz. Salad w/ 2T Low Fat Dressing 4oz. Peas & Carrots 1Dinner Roll w/ 1tsp. Margarine 4oz. Cake w/ Topping</p>	<p>TUESDAY 19, 2018 ½ oz. ea. Beef Tacos 4 oz. Lettuce / 2 oz. Tomato / ½ oz. Cheese 4 oz. Pinto Beans 4 oz. Spanish Rice 1 Brownie</p>	<p>WEDNESDAY 20, 2018 3oz. BBQ Ribs 4oz. Pasta Salad 4oz. Baked Beans 1Sl. Cornbread w/1tsp. Margarine 4 oz. Jell-O w/ Fruit</p>	<p>THURSDAY 21, 2018 3oz. Crunchy Baked Fish 2 Hush Puppies 4oz. Wild Rice 4oz. Coleslaw 4 oz. Fruit Salad</p>	<p>FRIDAY 22, 2018 1 French Dip Sandwich 4oz. Salad w/ 2T Low Fat Dressing 1 Baked Potato 2oz. Pickles & Onions 4oz. Pudding</p>
<p>MONDAY 25, 2018 3oz. Hamburger Steak 4oz. Au Gratin Potatoes 4oz. Green Beans 1Sl. Cornbread w/ 1tsp. Margarine 4 oz. Ice Cream</p>	<p>TUESDAY 26, 2018 1 Chicken Enchilada 4oz. Green Chile Cream Corn 2Tbsp Salsa 4oz. Pinto Beans 2ct Saltine Crackers 4oz. Pineapple Pudding</p>	<p>WEDNESDAY 27, 2018 4oz. Meatloaf 4oz. Mashed Potatoes 4oz. Diced Carrots 1Dinner Roll w/ 1tsp. Margarine 4oz. Oreo Pudding</p>	<p>THURSDAY 28, 2018 3oz. Teriyaki Chicken 1 Baked Potato 4oz. Salad w/ 2T Low Fat Dressing 1 Ea. Biscuit 1 Fresh Fruit</p>	<p>FRIDAY 29, 2018 6oz. Beef Stroganoff 4oz. Green Beans 1 Ea. Breadstick 1 sl. Pineapple Upside Down Cake</p>



CRSMA Senior Center SEPTEMBER 2015

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: 4	Days in Week: 5	Days in Week: 5	Days in Week: 3
Calories	700	705	735	708	719	757
% Carbohydrates from Calories	45-55%	52%	52%	51%	49%	49%
% Protein from Calories	15-25%	20%	23%	22%	22%	24%
% Fat from Calories	25-35%	26%	23%	26%	27%	28%
Saturated Fat	less than 8g	7.7g	5.3g	7.9g	8g	6.8g
Fiber	5-7g	11g	10g	11 g	11 g	13.6g
Vitamin B-12	.8ug	2.2ug	1.8ug	2.4ug	3.3ug	2.6ug
Vitamin A	300ug RAE	606ug	448ug	574ug	575ug	902ug
Vitamin C	30mg	68mg	50mg	65mg	52mg	98mg
Iron	2.6mg	5.5mg	4.5mg	4.9mg	5mg	8.3mg
Calcium	400mg	472mg	426mg	484 mg	468mg	579mg
Sodium	less than 1000mg	956mg	795mg	778mg	957mg	739mg

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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