



GALLUP MAY 2017

<p>MONDAY 1, 2017 Spaghetti w/ Meat Sauce Zucchini 1 sl. Garlic Bread Fruit w/Cottage Cheese</p>	<p>TUESDAY 2, 2017 Ham & Beans Garden Salad w/Dressing Corn Bread Pumpkin Bread</p>	<p>WEDNESDAY 3, 2017 Chicken Chow Mein w/ Chow Mein Noodles Cucumber Onion Salad Pineapple Tidbits Fortune Cookie</p>	<p>THURSDAY 4, 2017 Meatloaf Au Gratin Potato Cream Corn 1 Roll w/Margarine Applesauce</p>	<p>FRIDAY 5, 2017 Tamales Spanish Rice Pinto Bean Mexican Flan</p>
<p>MONDAY 8, 2017 Beef Pattie w/ Onions Green Beans Potato Wedges 1 Roll w/ Margarine Fruit Cocktail</p>	<p>TUESDAY 9, 2017 Chicken Greek Salad 6 Crackers Black Eyed Peas Orange</p>	<p>WEDNESDAY 10, 2017 Tuna Salad Lettuce, Tomato Potato Salad 1 sl. Bread w/ Margarine Plums</p>	<p>THURSDAY 11, 2017 Cheese Enchiladas Spanish Rice Pinto Bean 1 Tortilla w/ Margarine Pears</p>	<p>FRIDAY 12, 2017 Egg Plant Parmesan w/ Spaghetti Tossed Salad w/Dressing Green Bean Garlic Bread Strawberry's</p>
<p>MONDAY 15, 2017 Turkey & Swiss Sandwich Lettuce, Tomato Macaroni Salad Pudding</p>	<p>TUESDAY 16, 2017 Sweet n Sour Pork Steam Rice Broccoli Baby Carrots 1 Bread Sick w/ Margarine Fortune Cookie</p>	<p>WEDNESDAY 17, 2017 Chicken Spinach Salad Broccoli Salad 6 Crackers Cantaloupe</p>	<p>THURSDAY 18, 2017 Ham & Spinach Quiche Mixed Vegetable Tomato & Cucumber Salad 1 sl. Bread w/ Margarine Pudding</p>	<p>FRIDAY 19, 2017 Beef Fajitas 1 tortilla Spanish Rice Pinto Bean Peaches</p>
<p>MONDAY 22, 2017 Stuffed Bell Pepper Tossed Salad w/Dressing Sliced Carrots 1 Sl. Bread w/ Margarine 1 Orange</p>	<p>TUESDAY 23, 2017 Beef Stroganoff w/Noodles Spinach Cucumber Onion Salad 1 Sl. Bread w/ Margarine 1 Banana</p>	<p>WEDNESDAY 24, 2017 Sausage Pizza Three Bean Salad Tossed Salad w/Dressing Cinnamon Apples</p>	<p>THURSDAY 25, 2017 Carne Advovada Pinto Beans Yellow Squash 1 Tortilla w/ Margarine Pears</p>	<p>FRIDAY 26, 2017 Chicken Caesar Salad 6 Crackers Beets Jell-O</p>

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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