



2% milk served at meals

HARDING COUNTY CENTER OCTOBER 2026

NOTE:

**Menu is subject to Menu
is subject to change
change**

Roy Senior Center

Roy, NM
575 485 2639

Homesteader Senior Center

24 Main St.
Mosquero, NM 87733
575-673-2310

Thursday 1

3oz. Hamburger Steak
1/4c Grilled Onions 1oz LS
Gravy
1/2c Sweet potato fries
1/2c Broccoli
Wheat roll
1/2 c Pears

Friday 2

Chili Dog
(1oz Turkey frank, 2 oz
beef, 2oz RC sauce, 1/2
hotdog bun)
1/2c Pinto beans
1/2c Carrots
1/2c Mixed Fruit

Monday 5

Spaghetti and Meatballs
(1/2c Pasta, 3-1oz
Meatballs, 3oz NAS
Marinara sauce)
1c California blend
vegetables
1.5c Tossed salad
2 TBSP light ranch
Dressing
1c Mixed berries
1/2c Light (SF) nonfat
vanilla yogurt

Tuesday 6

3oz Oven Baked Chicken
breast
2oz chicken gravy
1/2c LS wild/brown rice
blend
1c carrot and green
beans w/ 1 tsp margarine
1.5c Tossed Salad
2T Light Ranch Dressing
1/2c Fruit cocktail

Wednesday 7

6oz RC Cheese Enchiladas
(2 corn tortilla, 1oz Cheese,
2oz RC sauce)
1/2c lettuce and tomato
1/8c onion
1/2c Pinto Beans
1c Capri vegetables
1 tsp unsalted butter
1/2c Pineapple chunks

Thursday 8

GC Cheeseburger
(wheat bun, 3oz patty, 0.5oz
cheese, 2 TBSP GC, 1/2c
lettuce, 1 slice onion, 1 slice
tomato)
3/4c Italian Green beans
1/3c Potato wedges
1/2c Spiced peaches

Friday 9

Chef salad w/ Egg,
Turkey, Ham
(1.5c romaine lettuce,
1/4c each shredded
carrots, red cabbage,
tomatoes, cucumbers, 1
HB Egg, 1o turkey, 1oz
LS Ham)
2 TBSP Light ranch
dressing
Wheat roll
1 tsp unsalted butter
1c Fruit salad

Monday 12

Kielbasa
2oz Kielbasa
1/3c LS herb roasted
potatoes, w/ 1/2c peppers
and onions
1/2c Red cabbage
Wheat bread
1c Chopped cantaloupe

Tuesday 13

Chicken Fajitas
(3oz Chicken, 1/2c
Pepper & Onions, 1 6 in
Tortilla)
2 TBSP Salsa
1/2c LS pinto beans
1c Capri Vegetables
1c Strawberries and
bananas

Wednesday 14

Breakfast for Lunch
Waffle
(1 4" Waffle w/ 1 TBSP
syrup)
1oz reduced fat Sausage
Patty
2 HB Egg
1/2c Spinach w/ 1 tsp
unsalted butter
1/2c Hashbrowns
1c Fruit salad

Thursday 15

Shrimp Alfredo
(1/2c Fettuccine, 3oz
Shrimp, 2oz Light Alfredo
sauce)
1C Italian Blend Vegetables
3/4c Fruit cocktail

Friday 16

Philly Cheesesteak
(1 Wheat Hot Dog roll,
2oz sliced beef, 1oz
provolone, 1/2c peppers
and onion)
1oz Sun chips
1/2c tomato cucumber
salad
1/2c Broccoli
1/2c Light (SF) nonfat
vanilla yogurt
1/2c Peaches



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Monday 19 Chicken Fajita stuffed baked potato (3oz chicken, 1/2c peppers & onions, 1/2c baked potato) 1.5c Tossed salad w/ 2 TBSP light ranch dressing Wheat bread. 1/2c Fruit cocktail	Tuesday 20 Frito Pie (1oz corn chips, 3oz Beef, 2oz RC sauce, 1/2c Lettuce and tomato, 1/8c onion) 1/2c LS Pinto Beans 1/2c Spanish Slaw 1/2c Spinach 1/2c Pineapple Tidbits In 1/2c SF Gelatin	Wednesday 21 1 Manicotti w/ (1 oz. Ricotta Cheese, 2oz. NAS Marinara Sauce, 1 Manicotti Pasta shells) 1.5c Tossed Salad w/ 2T Light Ranch Dressing w/ 1/4c Garbanzo Beans 1/2c Peaches 1c Light (SF) nonfat vanilla yogurt	Thursday 22 3 oz. Beef Patty w/ 2oz LS Gravy w/ 1/4c mushrooms 1/2c Egg Noodles w/ 1 tsp unsalted butter 1c Mediterranean blend 1/2c Mixed Fruit	Friday 23 2oz Turkey Bratwurst w/1 Hot Dog Bun, 1/4c peppers and onions 1/3c LS Herb Roasted Red Potato 1/2c Baby Carrots w/ 1 tsp unsalted butter 3/4c Fruit Compote (strawberries/peaches) w/ 1/2c Light (SF) nonfat vanilla yogurt
Monday 26 Beef Fajitas (1 6in flour tortilla, 3oz Beef, d1/2c peppers and onions), 2 TBSP salsa 1/2c LS pinto beans 1c Capri Vegetables 1c Apricots	Tuesday 27 Teryaki Chicken (1TBSP sauce, 3oz Diced chicken) 1/2c Brown Rice 1c Oriental vegetables Orange	Wednesday 28 Spaghetti (1/2c Spaghetti, 6oz LS Sauce (3oz Beef, 3oz Sauce) 1c Italian Blend vegetables 1.5c Tossed Salad w/ 2 TBSP light ranch Dressing 1c Fruit salad 1 Peanut butter cookie	Thursday 29 Grilled Ham & Cheese (2oz LS ham, 1oz Swiss cheese, 1c LS Tomato Soup 1.5c Tossed salad w/ 2 TBSP light ranch dressing 1/2c. Peaches	Friday 30 3oz Chicken Fried Steak 1/3c Mashed Potatoes 2oz LS Country Gravy 3/4c Green Beans w/ 1 tsp margarine Wheat Roll w/ 2 tsp unsalted butter 1c Strawberries & Bananas

Nutrient Table

Nutrient	Daily Lunch Requirement	Menu Week 1 wk 1	Menu Week 2 wk 2	Menu Week 3 wk 2	Menu Week 4 wk2	Menu Week 5 wk 3
		Days in Week: 2	Days in Week: 5	Days in Week: 5	Days in Week: 5	Days in Week: 5
Calories	700	724.2	708.9	701.4	710.9	706.2
% Carbohydrates from Calories	45-55%	48.3	49.4	50.7	51.3	50.0
% Protein from Calories	15-25%	22.7	22.0	21.3	22.1	22.4

North Central New Mexico Economic Development District

Council of Governments

Non-Metro Area Agency on Aging



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% Fat from Calories	25-35%	29.0	28.6	28.0	26.6	27.5
Saturated Fat	less than 8g	7.8	8.0	7.8	7.4	7.8
Fiber	10g	15.2	12.3	11.7	14.3	11.4
Vitamin B-12	.8ug	3.6	2.5	1.6	2.2	2.6
Vitamin A	300ug RAE	847.6	729.0	430.7	1752.3	516.6
Vitamin C	30mg	60.7	33.4	75.3	47.0	62.6
Iron	2.6mg	5.7	4.3	5.2	6.3	4.4
Calcium	400mg	547.2	540.4	563.2	622.3	536.5
Sodium	less than 766mg	694.4	750.3	752.5	758.5	763.9

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.

Constance Rudnicki MS, RDN, LD approved on June 16, 2026