|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  | Thursday June 1  3oz Roast Beef  1/2c Buttered New Potatoes  3/4c Roasted Broccoli spears  WW Roll w 1 tsp margarine  1c Grapes | Friday June 2  3oz Chicken Strips  1oz Peppered gravy  1/2c Turnip Greens  1c California Blend Vegetables  WW Roll w/ 1 tsp margarine  3/4c Spiced Pears |
| Monday June 6  Cheeseburger  (1bun, 3oz Patty, .5oz Cheese, 1/2c lettuce, 2 slices tomato, 1 slice onion)  1/2c Potato Wedges  1c Pasta Salad  1/2c Tropical Fruit Salad | Tuesday June 7  Chicken Tacos  (3oz chicken, 1/2c Lettuce and tomato, 2 corn tortilla, .5oz shredded cheese)  1c calabacitas, 1oz GC  1/2c LS Pinto Beans  1/2c Diced Mango | Wednesday June 8  BBQ Brisket  (3oz LS Lean Brisket, 2oz LS Barbecue Sauce)  ½ LS Baked Beans  1/2c Roasted Tomatoes  1 cornbread  1c Watermelon | Thursday June 9  Chicken Stir Fry  (3oz Chicken thigh, 1/2c Oriental Cabbage, 1c Stir Fry Vegetables, 1oz sauce)  1/2c Brown Rice  1/2c Mandarin Oranges | Friday June 10  3oz Meat loaf  3/4c Roasted Brussel Sprouts  1c Garden Salad w/ 2 TBSP Light Italian Dressing  ½ Baked Potato  WW Roll |
| Monday June 12  Spaghetti w/ meat sauce  (1/2c Spaghetti, 4oz meat Sauce (3oz beef, 1oz NAS Marinara Sauce)  1c Italian vegetables  1/2c Spinach cranberry salad  4 LS WW Crackers  1/2c Tropical Fruit Salad | Tuesday June 13  3oz Lean Chicken Fried Steak  1oz LS Peppered Gravy  1/2c Mustard greens  1/2c LS 3 bean salad  WW roll  1c Strawberries/Banana | Wednesday June 14  6oz Green Chile Pork stew  (3oz Pork, 1oz GC, 2oz Vegetables)  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  1 6in Flour Tortilla  1/2c Warm Cinnamon Apples  1/2c Greek Vanilla Nonfat Yogurt | Thursday June 15  Beef Taco  (3oz beef, 2 corn tortilla  1/2c Lettuce and tomato, .5oz Cheese)  1/2c Pinto Beans  1/2c LS Kick’n Rice  1/2c Apricots in 1/2c SF Orange gelatin | Friday June 16  4oz Salmon Patties  1/2c LS Black eyed peas  1/2c Spinach  1 slice wheat bread  1/2c Mixed Fruit |
| Monday June 19  3oz Roasted Chicken  1oz LS Gravy  3/4c Baked Sweet Potato  1c Yellow squash and no added salt diced tomatoes  1/2c Tossed Salad w/ 1 TBSP light Italian Dressing  WW Roll  ½c Plums | Tuesday June 20  8oz Beef Stew  (3oz Beef, 1/2c vegetables)  3/4c Red cabbage and onions  WW Roll  1/2c Vanilla Pudding w/ 1/2c Banana | Wednesday June 21  3oz Hamburger Steak  1/2c Grilled onions  1oz LS Gravy  1/2c Green Beans  1/2c Cauliflower  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  6 LS WW Crackers  3/4c Fruit Compote | Thursday June 22  Chicken Fajitas  (3oz Chicken, 1/2c peppers and onion, 1 6in Flour Tortilla, .5oz Shredded Cheese)  1c Capri Vegetables  1oz Pico De Gallo  1/2 slice Pumpkin bread | Friday June 23  4oz BBQ Pulled Pork  1/2c Potato Salad  1/2c Cucumber/Tomato/onion/ Salad  WW roll  3/4c Chilled Peaches |
| Monday June 26  Ham Sandwich  (2oz LS Ham, 2 slices wheat bread, 1/2c Lettuce and 2 slices tomato)  1oz Garden Salsa Sun Chips  1c Winter Blend Vegetables  1/2c Berries, 1/2c Nonfat vanilla Greek Yogurt, w/ 1/3c Slivered Almonds | Tuesday June 27  3oz LS Oven Fried Chicken  1/2c Corn  1c Okra w/tomatoes and onions  1 biscuit  1c Honeydew | Wednesday June 28  Green Chile chicken Enchiladas  (3oz Chicken, 1oz GC, 1oz Cheese, 2 corn tortillas, 1/2c Lettuce and tomato)  1/2c Pinto Beans  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  1/2c Pineapple | Thursday June 29  3oz Fried Fish  1oz Tartar sauce  1/2c Potato wedges  1c Coleslaw w/ 2 TBSP Dressing  WW Roll | Friday June 30  3oz Salisbury Steak  1oz LS Brown Gravy, 1/4c Mushrooms  1/2c LS Mashed Potatoes  1/2c Glazed Carrots  WW Roll  1/2c Blueberries in Cobbler |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **2** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** |
| Calories | 700 or more | 728.7 | 740.3 | 792.3 | 700.5 | 750.3 |
| % Carbohydrates from Calories | 45-55% | 49.7 | 50.0 | 51.6 | 52.6 | 49.1 |
| % Protein from Calories | 15-25% | 18.7 | 23.7 | 20.5 | 21.1 | 20.7 |
| % Fat from Calories | 25-35% | 31.6 | 26.3 | 28.0 | 26.3 | 30.2 |
| Saturated Fat | less than 8g | 7.6 | 7.8 | 7.9 | 7.4 | 7.5 |
| Fiber | 10g or more | 11.1 | 12.3 | 12.5 | 10.0 | 11.6 |
| Vitamin B-12 | .8ug or more | 2.6 | 2.7 | 3.3 | 2.1 | 2.0 |
| Vitamin A | 300ug RAE or more | 409.3 | 401.7 | 518.6 | 739.1 | 336.1 |
| Vitamin C | 30mg or more | 139.3 | 74.7 | 67.5 | 55.4 | 43.9 |
| Iron | 2.6mg or more | 4.4 | 5.3 | 6.1 | 4.2 | 4.1 |
| Calcium | 400mg or more | 492.9 | 504.4 | 564.7 | 484.9 | 539.0 |
| Sodium | less than 766mg | 642.5 | 673.8 | 602.1 | 750.2 | 760.7 |

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