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|  |  |  | Thursday June 13oz Roast Beef1/2c Buttered New Potatoes3/4c Roasted Broccoli spearsWW Roll w 1 tsp margarine1c Grapes | Friday June 23oz Chicken Strips1oz Peppered gravy1/2c Turnip Greens1c California Blend VegetablesWW Roll w/ 1 tsp margarine3/4c Spiced Pears |
| Monday June 6Cheeseburger(1bun, 3oz Patty, .5oz Cheese, 1/2c lettuce, 2 slices tomato, 1 slice onion)1/2c Potato Wedges1c Pasta Salad1/2c Tropical Fruit Salad | Tuesday June 7Chicken Tacos(3oz chicken, 1/2c Lettuce and tomato, 2 corn tortilla, .5oz shredded cheese)1c calabacitas, 1oz GC1/2c LS Pinto Beans1/2c Diced Mango | Wednesday June 8BBQ Brisket(3oz LS Lean Brisket, 2oz LS Barbecue Sauce)½ LS Baked Beans1/2c Roasted Tomatoes1 cornbread1c Watermelon | Thursday June 9Chicken Stir Fry(3oz Chicken thigh, 1/2c Oriental Cabbage, 1c Stir Fry Vegetables, 1oz sauce)1/2c Brown Rice1/2c Mandarin Oranges | Friday June 103oz Meat loaf3/4c Roasted Brussel Sprouts1c Garden Salad w/ 2 TBSP Light Italian Dressing½ Baked PotatoWW Roll |
| Monday June 12Spaghetti w/ meat sauce(1/2c Spaghetti, 4oz meat Sauce (3oz beef, 1oz NAS Marinara Sauce)1c Italian vegetables1/2c Spinach cranberry salad4 LS WW Crackers1/2c Tropical Fruit Salad | Tuesday June 133oz Lean Chicken Fried Steak1oz LS Peppered Gravy1/2c Mustard greens1/2c LS 3 bean saladWW roll1c Strawberries/Banana | Wednesday June 146oz Green Chile Pork stew(3oz Pork, 1oz GC, 2oz Vegetables)1c Tossed Salad w/ 2 TBSP Light Italian Dressing1 6in Flour Tortilla1/2c Warm Cinnamon Apples1/2c Greek Vanilla Nonfat Yogurt | Thursday June 15Beef Taco(3oz beef, 2 corn tortilla1/2c Lettuce and tomato, .5oz Cheese)1/2c Pinto Beans1/2c LS Kick’n Rice1/2c Apricots in 1/2c SF Orange gelatin | Friday June 16 4oz Salmon Patties1/2c LS Black eyed peas1/2c Spinach1 slice wheat bread 1/2c Mixed Fruit |
| Monday June 193oz Roasted Chicken1oz LS Gravy3/4c Baked Sweet Potato1c Yellow squash and no added salt diced tomatoes1/2c Tossed Salad w/ 1 TBSP light Italian DressingWW Roll½c Plums | Tuesday June 208oz Beef Stew(3oz Beef, 1/2c vegetables)3/4c Red cabbage and onionsWW Roll1/2c Vanilla Pudding w/ 1/2c Banana | Wednesday June 213oz Hamburger Steak1/2c Grilled onions1oz LS Gravy1/2c Green Beans1/2c Cauliflower1c Tossed Salad w/ 2 TBSP Light Italian Dressing6 LS WW Crackers3/4c Fruit Compote | Thursday June 22Chicken Fajitas(3oz Chicken, 1/2c peppers and onion, 1 6in Flour Tortilla, .5oz Shredded Cheese)1c Capri Vegetables1oz Pico De Gallo1/2 slice Pumpkin bread | Friday June 234oz BBQ Pulled Pork1/2c Potato Salad1/2c Cucumber/Tomato/onion/ SaladWW roll3/4c Chilled Peaches |
| Monday June 26Ham Sandwich(2oz LS Ham, 2 slices wheat bread, 1/2c Lettuce and 2 slices tomato)1oz Garden Salsa Sun Chips1c Winter Blend Vegetables1/2c Berries, 1/2c Nonfat vanilla Greek Yogurt, w/ 1/3c Slivered Almonds | Tuesday June 273oz LS Oven Fried Chicken1/2c Corn1c Okra w/tomatoes and onions1 biscuit1c Honeydew | Wednesday June 28Green Chile chicken Enchiladas(3oz Chicken, 1oz GC, 1oz Cheese, 2 corn tortillas, 1/2c Lettuce and tomato)1/2c Pinto Beans1c Tossed Salad w/ 2 TBSP Light Italian Dressing1/2c Pineapple | Thursday June 29 3oz Fried Fish1oz Tartar sauce1/2c Potato wedges1c Coleslaw w/ 2 TBSP DressingWW Roll | Friday June 303oz Salisbury Steak1oz LS Brown Gravy, 1/4c Mushrooms1/2c LS Mashed Potatoes1/2c Glazed CarrotsWW Roll1/2c Blueberries in Cobbler |

 ***Nutrient Table***

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| 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