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| --- | --- | --- | --- | --- |
| Monday 1CLOSED2% milk served at meals | Tuesday 23oz LS Baked Tilapia 2 TBSP Tartar Sauce**1/3c LS Scalloped Potatoes**1c California Blend Vegetable w/ 1 tsp margarineWW Roll w/ 1 tsp margarine3/4c SF Gelatin w/ 1/2c Berries (not strawberries) | Wednesday 3Teriyaki Chicken(3oz Chicken, 1oz Sauce)1/2c LS Fried Rice1c Asian VegetablesFortune Cookie1c Pineapple Chunks  | Thursday 44oz Salisbury Steak W/ Mushroom Gravy(2oz LS Gravy, 1/2c Mushrooms)3/4c Egg Noodles w/ 1 tsp margarine, 1 tsp parsley3/4c Roasted Brussel Sprouts WW Roll w/ 1 tsp unsalted butter 3/4c Fruit Cocktail | Friday 51c Green Chile Chicken Posole(1oz GC, 3oz Chicken, 1/2c Hominy)1/2c Carrots w/ 1 tsp margarine1 6in Flour TortillaOrange  |
| Monday 81-Green Chile Chicken Tamales(1oz GC, 1/3c masa, 2oz Chicken)1/2c LS Pinto Beans1/2c LS Spanish Rice1c Capri Vegetables w/ 1 tsp margarine1/2c Plums  | Tuesday 9Chef’s Salad (1.5c romaine lettuce, 1 HB Egg, 1oz LS Ham, 1oz Turkey, 1/4c Carrots, 1/4c Red Cabbage)2 TBSP FF Ranch Dressing6 LS WW Crackers1c Fruit Salad | Wednesday 106oz LS Ham & Bean Soup(.5oz Ham, 1/c Beans, 1/4c Broth)1c Tossed Salad w/ 2 TBSP FF Italian Dressing WW Roll w/ 1 tsp margarine1/2c Mandarin Oranges 1pc (6oz) Light Vanilla Yogurt | Thursday 113oz LS Slow Roasted Pork1/2c Sweet Potatoes1/2c Spinach w/ 1/4c Mushroom, w/ 1 tsp margarineWW Roll w/ 1 tsp margarine1/2c Baked Sliced Apples  | Friday 12Chicken Salad Sandwich(2 slices wheat bread, 3oz Chicken, 1/4c celery, grapes, walnuts, cranberries)1 oz Sun Chips 1/2 c Tomato & Cucumber Salad1/2c Broccoli 1/2c peaches in 1/4c SF Cobbler |
| Monday 15CLOSED | Tuesday 16GC Cheeseburger(1oz GC, 3oz patty, 1/2c lettuce, 2 slices tomato, 1 bun, .5oz cheese, 1 slice onion)1/2c NAS Baked French Fries 1/2c Asparagus1/2c Mixed Fruit  | Wednesday 17Chicken Fajitas (3oz Chicken, 1/2c Peppers and onions, 1 6in WW tortilla, 2 TBSP Pico de Gallo)1/2c Brown Rice1c Chateau Blend Vegetables**1/3c Tapioca Pudding**Banana | Thursday 18Beef Stroganoff(3oz Beef, 2oz Sauce)1/2c Noodles1/2c Vegetable Medley1c Tossed Salad w/ 2 TBSP FF Ranch DressingWW Roll1/2c Spiced Peaches | Friday 19BBQ Chicken(3oz Chicken breast, 1oz BBQ Sauce)1/2c LS Baked Beans1c Coleslaw w/ 2 TBSP DressingLF Cornbread1/2c strawberries, 1 slice SF Angel Food Cake |
| Monday 23GC Cheese Chicken Sandwich(1bun, 3oz Chicken, 1oz GC, .5oz Cheese)1c Pasta Salad(1/2c Pasta, 1/2c Vegetables)1c Roasted Cauliflower 6oz Vanilla Non Fat Yogurt | Tuesday 24Spaghetti W/ Meat Sauce(1/2c Spaghetti, 5oz Meat Sauce (2oz NAS marinara sauce, 3oz Beef), 1/4c Mushrooms 1c Italian Blend Vegetable½ serving Green Salad W/ 1 TBSP FF Italian DressingGarlic Knot1/2c SF Gelatin w/ 1 TBSP whipped topping | Wednesday 25Tuna Salad Sandwich(1/2c tuna salad(3oz light tuna), 1/2c lettuce, 2 slices red tomato, 2 slices wheat bread)1oz Sun chips1/2c LS Three bean Salad1/2c Beets1/2c Apricots  | Thursday 26GC Chile Relleno (1 GC, 1oz batter, 1oz Cheese)1oz GC Sauce 1/2c LS Pinto Beans1/2c Roasted Zucchini w/ 1/2c No Salt Added Diced Tomatoes1 6in Flour Tortilla1/2c Diced Mango | Friday 27Sweet and Sour Chicken(3oz Diced Chicken, 1oz Sauce)1/2c Brown Rice1c Oriental Vegetable Vegetable Egg Roll1c Strawberries and bananas |
| Monday 291c Meat Lasagna(1/2c Lasagna, 3oz Meat, 1oz Sauce, .5oz sauce)1/2c Vegetable MedleyGarlic KnotCaesar Salad(1c Romaine Lettuce, 1/2c Tomatoes)2 TBSP Light Caesar Dressing1/2c Diced Peaches  | Tuesday 30Chicken and Mushrooms3oz LS Herbed Baked Chicken2oz Gravy, 1/4c Mushrooms1/2c Sweet Potatoes3/4c Green Beans w/ 1/4c AlmondsWW Roll1/2c Apple slices  | Wednesday 31Fish Tacos(3oz Baked Cod, 1/2c Lime Cilantro Slaw, 2 corn tortillas)2 TBSP Pineapple Salsa1/2c Cilantro Brown Rice1/2c Black beans1/2c Yellow Squash 1c Tropical Fruit Salad  |  |  |

***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:****4** | **Days in Week:****5** | **Days in Week:****4** | **Days in Week:****5** | **Days in Week:****3** |
| Calories | 700 or more | 705.8 | 702.7 | 809.7 | 724.2 | 768.7 |
| % Carbohydrates from Calories | 45-55% | 46.8 | 53.1 | 52.2 | 50.0 | 50.4 |
| % Protein from Calories | 15-25% | 25.4 | 18.9 | 21.5 | 22.8 | 24.0 |
| % Fat from Calories | 25-35% | 27.8 | 28.0 | 26.2 | 27.2 | 25.6 |
| Saturated Fat | less than 8g | 7.8 | 7.4 | 8.0 | 7.8 | 7.7 |
| Fiber | 10g or more | 10.7 | 11.5 | 10.4 | 11.3 | 13.5 |
| Vitamin B-12 | .8ug or more | 2.7 | 1.5 | 2.6 | 2.3 | 2.2 |
| Vitamin A | 300ug RAE or more | 414.9 | 681.1 | 398.3 | 335.4 | 458.7 |
| Vitamin C | 30mg or more | 84.2 | 33.7 | 51.1 | 77.6 | 36.3 |
| Iron | 2.6mg or more | 5.1 | 4.3 | 4.5 | 523.1 | 5.5 |
| Calcium | 400mg or more | 454.7 | 488.1 | 508.8 | 523.1 | 517.9 |
| Sodium | less than 766mg | 765.8 | 712.5 | 661.3 | 765.2 | 571.2 |

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