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| **Monday, October 2**Beef Stew(3 oz. Beef, 1/8c Sauce,1/4c Carrots, 1/4c Potato)1/2c Squash w/ 1 tsp unsalted butter 6 LS WW Crackers 1 Orange  | **Tuesday, October 3**Chicken & Noodles3/4c (3 oz. Chicken, 1 oz. Sauce,1/4c Noodles)1c California Normandy Vegetables1 WW Roll w/ 1 tsp unsalted butter 1 Banana | **Wednesday, October 4**3oz. Scalloped potatoes Casserole W\ 2oz LS Lean ham1/2c LS Stewed Tomatoes w/ 1/4c green chile 6 LS WW Crackers 1c Fruit Salad w/ 1/3 chopped walnuts | **Thursday, October 5**G.C. Chicken Enchiladas(3 oz. Chicken, 1oz. Cheese,1/8c Green Chile, 2 Corn Tortillas)1/2c LS Spanish Rice1/2c LS Pinto Beans1c Tossed Salad w/2 TBSP Lite Raspberry dressing3/4c Plums | **Friday, October 6**Breakfast2 med. Eggs1 Pancakes, 1 TBSP Maple Syrup, 1 tsp unsalted butter 1oz. reduced fat Sausage1c Potatoes and Onions4oz LS Vegetable Juice1c Berries |
| **Monday, October 9**ALL CENTERS CLOSED | **Tuesday, October 10** Chili Mac(3 oz. Beef, 1/8c Sauce,1/2c Macaroni)1c Italian vegetables1/2c Tossed Salad w/ 1 TBSP light Italian Dressing1 Wheat Roll w/ 1 tsp. Margarine1c Grapes  | **Wednesday, October 11**Arroz con Pollo(3 oz. Chicken, 1/8c Sauce, 1/2c Brown Rice)1/2c Roasted Brussel Sprouts 1c Tossed Salad w/2T Lite Italian Dressing4 LS WW Crackers1/2c Apples in Crisp | **Thursday, October 12**4oz Frito Pie(3 oz. Beef, 2oz Red Chile, 1oz. corn chips,1/2c LS Pinto Beans)1/2c Lettuce and Tomato, ¼ c onion½ Calabacitas 1c Strawberries | **Friday, October 13**Sweet and Sour Pork(3oz Pork, 3oz Sauce)1/2c Fried Rice1c Oriental Vegetables1 Vegetable Egg Rolls1/2c Peaches1/2c Greek Nonfat Vanilla Yogurt   |
| **Monday, October 16**Posole(3 oz. Pork, 1/4c Red Chile,1/2c Hominy)1/2c Spinach 1c Tossed Salad w/2T Lite Italian Dressing6 LS WW Crackers1c Cantaloupe  | **Tuesday , October 17**Shepherd’s Pie(3 oz. Beef, 1 oz. Sauce, 1/2c Mashed Potato & Veggies)1c Tossed Salad w/2T Lite Italian Dressing Wheat Roll w/ 1 tsp. unsalted butter 1 Pear  | **Wednesday , October 18**Tuna Noodle Casserole(3 oz. Tuna, 1 oz Sauce,1/2c Noodles, 1/2c peas and carrots)1/2c Italian beans1c Tossed Salad w/2T Lite Italian Dressing 1 Wheat Roll 1 tsp unsalted butter 1c pineapple  | **Thursday October 19**Green Chile Chicken Enchiladas(3 oz. Chicken, 1 oz. Cheese,1/4c Green Chile, 2 Corn Tortillas, 1/2c lettuce and tomato)3/4c LS Pinto Beans1/2c LS Roasted Mexican Zucchini1c Fruit Cocktail | **Friday, October 20**Beef Stroganoff(3 oz. Beef, 2 oz.Sauce,1/2c Noodles, 1/2c Mushrooms)1/2c Beets1/2c Tossed Salad w/1T Lite Italian Dressing1 Wheat Roll 1 tsp unsalted butter 3/4c apricots  |
| **Monday, October 23**3oz Baked Chicken2oz LS Chicken Gravy1/2c Wild Rice w/1 tsp cranberries 1c Vegetable MedleyWheat Roll w/ 1 tsp unsalted butter 1c Strawberries & Bananas | **Tuesday, October 24**Pulled Pork Sandwich4oz BBQ Pulled Pork(3oz pork, 1oz BBQ Sauce)1 slider bun 1/2c LS Stewed okra with onions and tomatoes1/2c Cucumber/Tomato Salad1 LF Cornbread w/ 1 tsp margarine 1/2c Chilled Mixed Fruit | **Wednesday, October 25**Cobb Salad w/Bacon, (1.5c Spring Mix, 1 HB Egg, 2oz Chicken, 1/4c tomatoes, 1 slice reduced sodium bacon, 1/4c Red Cabbage, 2 TBSP Light Ranch Dressing) 6 WW Crackers1 baked apple  | **Thursday, October 26**Ham & Swiss Cheese Sandwich(2 sl. Wheat bread, 1oz cheese, 2oz LS Lean Ham1/2c lettuce, 2 sl Tomato)1/2c LS Three Bean Salad1c LS Vegetable Soup Orange  | **Friday, October 27**4oz Meatloaf with.5oz LS Tomato Sauce1 baked potato, w/ 1 tsp margarine, 1 tsp chives, 2 TBSP Sour Cream 1/2c Green Beans AlmondineWheat Roll w/ 1 tsp unsalted butter1c Tropical Fruit |
| **Monday October 30**1c Tossed Salad w/ 2 TBSP light Ranch Dressing3oz LS Roasted Turkey 1/2c Orzo with lemon and parsley1c Broccoli with red pepper w/ 1 tsp unsalted butter Wheat roll w/ 1 tsp unsalted butter 1c Fruit Salad | **Tuesday October 31**1/2c Green Salad w/ 1 TBSP light Italian Dressing3oz LS Herbed Cod w/ lemon 1/2c Parsley Potatoes3/4c swiss chard with onions and garlic3/4c PeachesWheat roll w/ 1 tsp unsalted butter  |  |  |  |

***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:****5** | **Days in Week:****4** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****2** |
| Calories | 700 or more | 703.4 | 764.2 | 706.5 | 762.3 | 710.7 |
| % Carbohydrates from Calories | 45-55% | 50.5 | 50.4 | 50.3 | 52.6 | 51.3 |
| % Protein from Calories | 15-25% | 21.4 | 22.0 | 23.1 | 21.4 | 22.6 |
| % Fat from Calories | 25-35% | 28.1 | 27.6 | 26.6 | 26.0 | 26.1 |
| Saturated Fat | less than 8g | 7.3 | 6.3 | 7.9 | 7.6 | 7.6 |
| Fiber | 10g or more | 11.0 | 11.0 | 13.2 | 12.2 | 11.7 |
| Vitamin B-12 | .8ug or more | 2.2 | 2.6 | 2.4 | 2.1 | 2.0 |
| Vitamin A | 300ug RAE or more | 509.9 | 430.2 | 737.1 | 360.7 | 824.2 |
| Vitamin C | 30mg or more | 42.1 | 84.0 | 48.5 | 57.2 | 122.5 |
| Iron | 2.6mg or more | 4.3 | 5.5 | 5.6 | 5.2 | 5.4 |
| Calcium | 400mg or more | 524.2 | 460.3 | 533.1 | 551.0 | 474.8 |
| Sodium | less than 766mg | 764.6 | 766.4 | 758.4 | 735.4 | 753.1 |

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