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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 & Noodles  3/4c (3 oz. Chicken, 1 oz. Sauce,  1/4c Noodles)  1c California Normandy Vegetables  1 WW Roll w/ 1 tsp unsalted butter  1 Banana | **Wednesday, October 4**  3oz. Scalloped potatoes Casserole W\ 2oz LS Lean ham  1/2c 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 Rice  1/2c LS Pinto Beans  1c Tossed Salad w/  2 TBSP Lite Raspberry dressing  3/4c Plums | **Friday, October 6**  Breakfast  2 med. Eggs  1 Pancakes, 1 TBSP Maple Syrup, 1 tsp unsalted butter  1oz. reduced fat Sausage  1c Potatoes and Onions  4oz LS Vegetable Juice  1c Berries |
| **Monday, October 9**  ALL CENTERS CLOSED | **Tuesday, October 10** Chili Mac  (3 oz. Beef, 1/8c Sauce,  1/2c Macaroni)  1c Italian vegetables  1/2c Tossed Salad w/ 1 TBSP light Italian Dressing  1 Wheat Roll w/ 1 tsp. Margarine  1c 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 Dressing  4 LS WW Crackers  1/2c 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 onion  ½ Calabacitas  1c Strawberries | **Friday, October 13**  Sweet and Sour Pork  (3oz Pork, 3oz Sauce)  1/2c Fried Rice  1c Oriental Vegetables  1 Vegetable Egg Rolls  1/2c Peaches  1/2c 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 Dressing  6 LS WW Crackers  1c 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 beans  1c 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 Beans  1/2c LS Roasted Mexican Zucchini  1c Fruit Cocktail | **Friday, October 20**  Beef Stroganoff  (3 oz. Beef, 2 oz.Sauce,  1/2c Noodles, 1/2c Mushrooms)  1/2c Beets  1/2c Tossed Salad w/  1T Lite Italian Dressing  1 Wheat Roll 1 tsp unsalted butter  3/4c apricots |
| **Monday, October 23**  3oz Baked Chicken  2oz LS Chicken Gravy  1/2c Wild Rice w/1 tsp cranberries  1c Vegetable Medley  Wheat Roll w/ 1 tsp unsalted butter  1c Strawberries & Bananas | **Tuesday, October 24**  Pulled Pork Sandwich  4oz BBQ Pulled Pork  (3oz pork, 1oz BBQ Sauce)  1 slider bun  1/2c LS Stewed okra with onions and tomatoes  1/2c Cucumber/Tomato Salad  1 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 Crackers  1 baked apple | **Thursday, October 26**  Ham & Swiss Cheese Sandwich  (2 sl. Wheat bread, 1oz cheese, 2oz LS Lean Ham  1/2c lettuce, 2 sl Tomato)  1/2c LS Three Bean Salad  1c LS Vegetable Soup  Orange | **Friday, October 27**  4oz Meatloaf with  .5oz LS Tomato Sauce  1 baked potato, w/ 1 tsp margarine, 1 tsp chives, 2 TBSP Sour Cream  1/2c Green Beans Almondine  Wheat Roll w/ 1 tsp unsalted butter  1c Tropical Fruit |
| **Monday October 30**  1c Tossed Salad w/ 2 TBSP light Ranch Dressing  3oz LS Roasted Turkey  1/2c Orzo with lemon and parsley  1c 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 Dressing  3oz LS Herbed Cod w/ lemon  1/2c Parsley Potatoes  3/4c swiss chard with onions and garlic  3/4c Peaches  Wheat 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.

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