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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday 1**  10 oz LS Potato Chowder  (1/2c Potatoes, 0.5 oz.LS Cheese,  2.5oz LS Diced Ham, 1 oz. Corn, .25 c celery  1 Wheat roll w/ 1 LS TBSP Margarine  1c Green Beans w/ 1 TBSP LS Margarine  1/2 c Mango &1/2 c Strawberries in 4oz Greek Vanilla Nonfat yogurt |
| **Monday 4**  **Beef & Bean Burrito**  **(3 oz. Beef, 1/2c Beans,**  **1 Tortilla)**  **1c Calabacitas**  **1T Light Sour Cream**  **1 Peanut Butter Cookie** | **Tuesday 5**  **Beef & Bean Burrito**  **(3 oz. Beef, 1/2c Beans,**  **1 Tortilla)**  **1c Calabacitas**  **1T Light Sour Cream**  **1 Peanut Butter Cookie** | **Wednesday 6**  **Posole w/Pork**  **(3oz Pork, 1oz Red Chile,**  **1/2c Hominy)**  **1c Calabacitas**  **1/2c Cucumber & Tomato Salad**  **1 Flour Tortilla w/**  **1 tsp. Margarine**  **1/2c Peaches** | **Thursday 7**  **1 Chicken Fajita**  **(3 oz. Chicken, 1 oz. LS Cheese,**  **1/2c Peppers & Onions,**  **1 Flour Tortilla)**  **1/2c Spanish Rice**  **1c Mixed Vegetables w 1 tsp Margarine**  **2T LS Salsa**  **1/2c Mixed Fruit** | **Friday 8**  **Tuna Salad Sandwich**  **(4oz Tuna Salad, 1 Wheat Bun)**  **1oz Chips**  **1/2c Lettuce, Tomato**  **1/2c Macaroni Salad**  **1 Orange** |
| **Monday 11**  **8oz Beef stew**  **(3oz Beef, 1/2c Vegetables)**  **1/2c Cabbage w/ 1 tsp Margarine**  **Whole Wheat roll w/ 1 tsp margarine**  **1/2c Diced Peaches** | **Tuesday 12**  **3oz Chicken Tenders**  **1/2c Mashed Potatoes**  **2oz LS Country(Pepper) Gravy**  **1/2c Okra**  **2oz Cornbread**  **1/2c Apples in Cobbler** | **Wednesday 13**  **CLOSED** | **Thursday 14**  **CLOSED** | **Friday 15**  **Frito Pie**  **(1oz Corn Chips, 2oz Red chile sauce, 3oz Ground Beef,1/2c Lettuce and tomato, .5oz Cheese, 1/4c Onions)**  **1/2c LS Pinto Beans**  **1c Tossed Saad w/ 2 TBSP Light Dressing**  **1/2c Diced Mango** |
| **Monday 18**  **5oz Pepper Steak**  **(3oz Beef, 2oz Peppers)**  **1/2c Fried Rice (1/2c Peas and carrots)**  **WW Roll 1 tsp margarine**  **1/2c Fruit Cocktail**  **1c Mixed Green Salad w/ 2 TBSP Light Dressing** | **Tuesday 19**  **3oz Pork Chops w/ 2oz LS Gravy**  **1/2c Rice Pilaf w/ 1/2c Mushrooms**  **1/2c LS Stewed Tomatoes**  **Biscuit**  **1c Grapes** | **Wednesday 20**  **6oz Chicken Pot Pie**  **(3oz Chicken, 1oz Crust, 1/2c Mixed Vegetables) 1c Tossed Salad w/ 2 TBSP Light Dressing**  **WW Roll w/ 1 tsp Margarine**  **1 Banana** | **Thursday 21**  **5oz Green Chile Cheese Enchiladas**  **(1oz Cheese, 1oz GC, 2 corn tortillas, 1/2c Lettuce and tomato)**  **1/2c LS Pinto Beans**  **1/2c Capri Vegetables**  **1/2c Gelatin** | **Friday 22**  **Spaghetti w/ Meat Sauce**  **(1/2c Spaghetti, 5oz Meat Sauce (3oz Meat, 2oz NAS Marinara Sauce)**  **1c Italian Vegetables**  **1c Caesar Salad w/ 1 TBSP Dressing**  **Garlic Breadstick**  **1c Apricots** |
| **Monday 25**  **CLOSED** | **Tuesday 26**  **CLOSED** | **Wednesday 27**  **Hot Open Faced Turkey**  **Sandwich**  **(1 slice wheat bread, 3oz LS Turkey Breast )**  **1/2c Mashed Potatoes w/2oz LS Gravy**  **1/2c Roasted Beets and Carrots**  **3/4c Tomatoes & onion Salad**  **1c Peaches** | **Thursday 28**  **3oz Meatloaf**  **1/2c Scalloped Potatoes**  **1/2c Spinach w/ 1/2c Pearl onions w/ 1 tsp margarine**  **1c Tossed Salad w/ 2 TBSP light Dressing**  **WW roll w/ 1 tsp Margarine**  **1/2c Cherry Cobbler** | **Friday 29**  **CLOSED** |
|  | **1% milk served at meals** |  |  |  |

***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: 1** | **Days in Week:**  **5** | **Days in Week:**  **3** | **Days in Week:**  **5** | **Days in Week:**  **2** |
| Calories | 700 or more | 720 | 774.3 | 745.2 | 701.3 | 831.2 |
| % Carbohydrates from Calories | 45-55% | 54.4 | 46.8 | 49.3 | 52.2 | 55.0 |
| % Protein from Calories | 15-25% | 17.5 | 22.0 | 20.6 | 19.4 | 20.1 |
| % Fat from Calories | 25-35% | 28.0 | 31.2 | 30.1 | 28.4 | 25.0 |
| Saturated Fat | less than 8g | 5.3 | 7.9 | 6.6 | 6.7 | 6.1 |
| Fiber | 10g or more | 12.4 | 10.2 | 11.3 | 10.5 | 10.4 |
| Vitamin B-12 | .8ug or more | 1.9 | 2.3 | 2.8 | 2.1 | 2.2 |
| Vitamin A | 300ug RAE or more | 421.1 | 338.3 | 640.8 | 536.7 | 970.3 |
| Vitamin C | 30mg or more | 74.6 | 65.7 | 45.9 | 32.6 | 33.5 |
| Iron | 2.6mg or more | 3.1 | 4.9 | 5.0 | 5.0 | 6.3 |
| Calcium | 400mg or more | 563.1 | 489.0 | 570.2 | 485.8 | 557.6 |
| Sodium | less than 766mg | 755 | 759.2 | 751.3 | 678.5 | 746.7 |

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.

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