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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 celery1 Wheat roll w/ 1 LS TBSP Margarine1c Green Beans w/ 1 TBSP LS Margarine1/2 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.

 Constance Rudnicki MS, RDN, LD