|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday April 3**  **3oz Chicken strips**  **1oz LS Peppered Gravy**  **6oz Turnip Greens**  **8oz California Blend Vegetables**  **4oz Spiced Pears** | **Tuesday April 4**  **3oz Salisbury Steak**  **1/4c Mushrooms, 2oz LS Gravy**  **4oz Creamed Potatoes**  **6oz Mustard Greens**  **WW Roll**  **4oz Blueberries in Crisp** | **Wednesday April 5**  **3oz Fried Fish**  **1oz Tartar Sauce**  **4oz Spinach**  **8oz Coleslaw w/ 2 TBSP Dressing and 1/4c Granny Smith Apple**  **1 Hushpuppies**  **Wheat roll**  **1 Angel Food Cake w/8oz Strawberries, 1 TBSP Whipped Topping** | **Thursday April 6**  **3oz Roast Beef**  **4oz Buttered New Potatoes**  **8oz Roasted Broccoli Spears**  **WW Roll**  **1c Grapes** | **Friday April 7**  **CLOSED GOOD FRIDAY** |
| **Monday April 10**  **Chili Cheese Burger**  **(1oz Chili,3oz Beef Patty, .5oz American Cheese, 1/2c Lettuce, 1 slice tomato, 2 sliced dill pickle, 1 slice onion, 1 bun)**  **4oz Potato Wedges**  **1c Pasta Salad (1/2c Macaroni, 1/2c peas and carrots)**  **4oz Tropical Fruit Salad**  **4oz Greek nonfat vanilla yogurt**  **(do not serve milk this day)** | **Tuesday April 11**  **Chicken Taco**  **(3oz Chicken, .5oz Cheese, 2 corn tortillas, 1/2c Lettuce and tomato)**  **3/4c Calabacitas, 1/4c GC**  **4oz LS Pinto Beans**  **2oz Bread Pudding** | **Wednesday April 12**  **8oz Green Chile Pork Stew**  **(3oz Pork, 1oz GC, 2oz Diced Potatoes, 1oz Tomatoes, 1oz onion)**  **4oz LS Chuckwagon vegetables**  **4oz Tossed salad w/ 1 TBSP Light Italian Dressing**  **1 6in Flour Tortilla**  **4oz Warm Cinnamon Apples**  **4oz Greek nonfat vanilla yogurt**  **(do not serve milk this day)** | **Thursday April 13**  **Chicken Fajitas**  **(2 corn tortillas, 3oz Chicken, 4oz Peppers and Onions, .5oz Cheese)**  **1c Capri Vegetables**  **1oz Pico De Gallo**  **1sl Pumpkin pie (1/2c Pumpkin in)** | **Friday April 14**  **4oz Meatloaf**  **6oz Roasted Brussel Sprouts**  **1 med. Baked potato w/ 1 tsp margarine**  **4oz Tossed Salad w/ 1 TBSP light Italian Dressing**  **WW Roll**  **1/2c Cherry in Cobbler** |
| **Monday April 17**  **1% Milk**  **Spaghetti w/ Meat Sauce**  **(4oz Spaghetti, 3oz beef, 2oz NAS Marinara Sauce)**  **8oz Italian vegetables**  **4oz Spinach Cranberry Salad**  **w/ 1 TBSP Light Ranch Dressing**  **1 sl. Garlic Bread**  **1/2cMixed Fruit** | **Tuesday April 18**  **1% Milk**  **3oz chicken Fried Steak**  **1oz LS Peppered Gravy**  **4oz Mustard Greens**  **4oz LS 3 Bean Salad**  **WW Roll**  **1/2c Strawberries/Bananas** | **Wednesday April 19**  **1% Milk**  **6oz Chicken Pot Pie**  **(.5oz Crust, 3oz Chicken, 2oz Vegetables)**  **8oz Easy Kale Salad w/ sunflower seeds, Oil and lemon juice dressing**  **WW Roll**  **1/2c Fruit Salad** | **Thursday April 20**  **1% Milk**  **Beef Tacos**  **(3oz Beef, .5oz Cheese, 2 corn tortillas, 1/2c Lettuce/Tomatoes)**  **4oz LS Pinto Beans**  **4oz Kickin Rice**  **1/2c SF Gelatin w/ 1/2c Apricots** | **Friday April 21**  **1% Milk**  **4oz Salmon Patties**  **4oz Black Eyed Peas**  **6oz Roasted Beets and Carrots**  **1 biscuit**  **4oz Fruit Cocktail** |
| **Monday April 24**  **3oz Roasted Chicken**  **2oz LS Gravy**  **4oz Sweet Potatoes**  **8oz Yellow Squash w/ Tomatoes**  **1/2c Tossed Salad w/ 1 TBSP Light Italian Dressing**  **8oz Plums**  **WW Roll w/ 1 tsp margarine** | **Tuesday April 25**  **8oz Beef Stew**  **(3oz Beef, 1/2c Vegetables)**  **4oz Red Cabbage w/ 1/2 c Red Onion**  **WW Roll w/ 1 tsp margarine**  **1/2c Vanilla pudding w/ 1/2c bananas** | **Wednesday April 26**  **3oz Hamburger Steak**  **w/ 1/4c Grilled onion, 2oz Gravy**  **4oz Green Beans**  **4oz Cauliflower**  **1c Tossed Salad w/ 2 TBSP Light Italian Dressing**  **6 LS WW Crackers**  **4oz Fruit Compote** | **Thursday April 27**  **Chicken Stir Fry**  **(3oz Chicken, 1oz Sauce)**  **1c Oriental Cabbage, Broccoli, Red Pepper, Green Onions, Carrots)**  **4oz Brown Rice**  **8oz mandarin oranges** | **Friday April 28**  **BBQ Pulled Pork**  **(2oz LS BBQ sauce, 3oz Pork)**  **1/2c Potato Salad**  **4oz Cumber and Tomato Salad**  **WW Roll w/ 1 tsp margarine**  **1/2c Peaches** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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:**  **5** | **Days in Week:**  **5** | **Days in Week:** |
| Calories | 700 or more | 745.9 | 832.9 | 778.4 | 703.4 |  |
| % Carbohydrates from Calories | 45-55% | 52.5 | 54.0 | 45.7 | 52.5 |  |
| % Protein from Calories | 15-25% | 19.7 | 20.8 | 19.9 | 21.3 |  |
| % Fat from Calories | 25-35% | 27.8 | 25.2 | 34.4 | 26.1 |  |
| Saturated Fat | less than 8g | 7.9 | 7.9 | 8.0 | 6.9 |  |
| Fiber | 10g or more | 10.1 | 14.9 | 10.9 | 10.2 |  |
| Vitamin B-12 | .8ug or more | 2.8 | 2.2 | 3.0 | 2.2 |  |
| Vitamin A | 300ug RAE or more | 389.9 | 562.6 | 512.6 | 690.6 |  |
| Vitamin C | 30mg or more | 64.4 | 105.5 | 30.6 | 77.6 |  |
| Iron | 2.6mg or more | 4.6 | 6.1 | 5.4 | 4.9 |  |
| Calcium | 400mg or more | 504.9 | 461.1 | 534.6 | 458.5 |  |
| Sodium | less than 766mg | 734.9 | 689.3 | 643.8 | 759.8 |  |

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