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| --- | --- | --- | --- | --- |
| **MONDAY JULY 3**Lemon Chicken(3oz Chicken), 1/2c Brown Rice 1c Carrots and Red Cabbage1 c Tossed Salad w/ 2 TBSP light Italian Dressing1c Fruit Salad  | **TUESDAY JULY 4****HOLIDAY** | **WEDNESDAY JULY 5**6oz Beef Stew(3oz Beef, 1/2c Vegetables)1 Cornbread1 c Tossed Salad w/ 2 TBSP light Italian Dressing1 Baked Apple  | **THURSDAY JULY 6**1 c Tossed Salad w/ 2 TBSP light Italian DressingFrito Pie(3oz Beef, 1oz RC, 1oz Corn Chips, 1/2c LS Pinto beans, 1/2c Lettuce and tomato)1c Capri Vegetables1/2c SF gelatin w/ 1/2c Bananas | **FRIDAY JULY 7** |
| **MONDAY JULY 10**1/2 c Tossed Salad w/ 1 TBSP light Italian DressingSloppy Joe(3oz Beef, 2oz Sauce, 1bun, 1/2c Peppers and onions)10 No added salt Baked French Fries1/2c Roasted Zucchini1c Pears | **TUESDAY JULY 11**1 c Tossed Salad w/ 2 TBSP light Italian Dressing8oz Tuna Casserole(3oz Light Tuna, 1/2c Noodles, 1/8 celery and onion)1/2c Green Beans1c Watermelon | **WEDNESDAY JULY 12**1/2 c Tossed Salad w/ 1 TBSP light Italian Dressing6oz Spinach Blanco Lasagna(1/2c Lasagna, 1/4c Spinach, 1oz Cheese)1/2c BroccoliWheat Roll w/ 1 tsp margarine1c Nonfat vanilla Greek yogurt and 1c Berries  | **THURSDAY JULY 13**1/2 c Tossed Salad w/ 1TBSP light Italian Dressing 3oz Boneless Lean Pork LS Chops1/2c Apples and 1/4c Onions1/2c Mashed Cauliflower1/2c Vegetable Medley Wheat roll  | **FRIDAY JULY 14** |
| **MONDAY JULY 17**4oz Beef Stroganoff(3oz Beef, 1oz Sauce, 1/4c Mushrooms )1c Orzo Pasta1/2c Beets1/2703c Roasted brussel sprouts 1 Wheat Rollorange   | **TUESDAY JULY 18**1 c Tossed Salad w/ 2 TBSP light Italian DressingGrilled Cheese Sandwich(.5oz swiss Cheese, 1 slices wheat bread)1c LS Minestrone Soup + 1/2c Red kidney beansHB egg,4 crackers 1c Grapes  | **WEDNESDAY JULY 19**5oz Red Chile Beef Enchiladas(3oz Beef, 1oz RC 1 corn tortilla, .5 oz cheese, 1/2c Lettuce and tomato)1/2c LS Pinto Beans1/2c No added salt French style green beans½ c Cinnamon Peaches3oz Greek Nonfat Vanilla Yogurt | **THURSDAY JULY 20**1/2 c Tossed Salad w/ 1 TBSP light Italian Dressing 3oz Porcupine meatballs(3oz Beef, 1/4c Rice)1c Italian blend vegetables Wheat roll 1/2c Fruit Cocktail  | **FRIDAY JULY 21** |
| **MONDAY JULY 24**1 c Tossed Salad w/ 2 TBSP light Italian DressingChicken Quesadilla(3oz Chicken, .5 oz Cheese, 1 6n flour tortilla)1/2c Black beans w/ ¼ red bell pepper1/2c Mandarin Oranges | **TUESDAY JULY 25**1 c Tossed Salad w/ 1 TBSP light Italian DressingOpen Faced Turkey Sandwich (3oz LS Roasted Turkey Breast , 1 slice wheat bread, 2oz LS Gravy)1/2c LS Mashed Potatoes1/2c LS LF Broccoli salad | **WEDNESDAY JULY 26**1 c Tossed Salad w/ 2 TBSP light Italian Dressing3/4c Goulash(3oz Beef, 1/2c Macaroni)1/2c LS Stewed Tomatoes w/ 1oz GC Wheat roll w/ 1 tsp margarine1/2c Plums | **THURSDAY JULY 27**3oz Ham Salad(1oz LS Ham, ½ egg, 1oz celery/onion, relish, olives)1/2c Spinach w/ 3/4c White beans1/2c tomato, cucumber and onion salad6 LS WW Crackers 1/2c Apricots  | **FRIDAY JULY 28** |
| **MONDAY JULY 31**Chicken Salad(3oz Chicken, 1oz may/veg2 slices wheat bread, 1/2c Lettuce)1/2c Green Beans & 1/4Corn w/ 1 tsp margarine1/2c Asparagus1oz Sun Chips1c Strawberries w/ 1 TBSP whipped topping |  |  |  |  |

***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:****3** | **Days in Week: 4** | **Days in Week:****4** | **Days in Week:****4** | **Days in Week:****1** |
| Calories | 700 or more | 732.8 | 717.5 | 703.0 | 701.0 | 716.6 |
| % Carbohydrates from Calories | 45-55% | 47.6 | 52.2 | 53.7 | 45.7 | 45.8 |
| % Protein from Calories | 15-25% | 21.5 | 22.3 | 21.3 | 24.0 | 27.2 |
| % Fat from Calories | 25-35% | 30.8 | 25.5 | 25.0 | 30.3 | 27.2 |
| Saturated Fat | less than 8g | 7.9 | 7.1 | 8.0 | 7.9 | 6.5 |
| Fiber | 10g or more | 13.6 | 11.7 | 12.4 | 12.5 | 13.4 |
| Vitamin B-12 | .8ug or more | 2.7 | 3.1 | 2.9 | 2.2 | 1.7 |
| Vitamin A | 300ug RAE or more | 1189.9 | 561.6 | 483.3 | 679.8 | 353.8 |
| Vitamin C | 30mg or more | 56.0 | 67.0 | 54.5 | 74.3 | 96.0 |
| Iron | 2.6mg or more | 5.1 | 4.7 | 5.8 | 7.2 | 5.5 |
| Calcium | 400mg or more | 518.5 | 572.9 | 542.0 | 531.0 | 480.4 |
| Sodium | less than 766mg | 654.9 | 762.8 | 706.9 | 743.2 | 663.8 |

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