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| --- | --- | --- | --- | --- |
| **MONDAY JULY 3**  Lemon Chicken  (3oz Chicken),  1/2c Brown Rice  1c Carrots and Red Cabbage  1 c Tossed Salad w/ 2 TBSP light Italian Dressing  1c Fruit Salad | **TUESDAY JULY 4**  **HOLIDAY** | **WEDNESDAY JULY 5**  6oz Beef Stew  (3oz Beef, 1/2c Vegetables)  1 Cornbread  1 c Tossed Salad w/ 2 TBSP light Italian Dressing  1 Baked Apple | **THURSDAY JULY 6**  1 c Tossed Salad w/ 2 TBSP light Italian Dressing  Frito Pie  (3oz Beef, 1oz RC, 1oz Corn Chips, 1/2c LS Pinto beans, 1/2c Lettuce and tomato)  1c Capri Vegetables  1/2c SF gelatin w/ 1/2c Bananas | **FRIDAY JULY 7** |
| **MONDAY JULY 10**  1/2 c Tossed Salad w/ 1 TBSP light Italian Dressing  Sloppy Joe  (3oz Beef, 2oz Sauce, 1bun, 1/2c Peppers and onions)  10 No added salt Baked French Fries  1/2c Roasted Zucchini  1c Pears | **TUESDAY JULY 11**  1 c Tossed Salad w/ 2 TBSP light Italian Dressing  8oz Tuna Casserole  (3oz Light Tuna, 1/2c Noodles, 1/8 celery and onion)  1/2c Green Beans  1c Watermelon | **WEDNESDAY JULY 12**  1/2 c Tossed Salad w/ 1 TBSP light Italian Dressing  6oz Spinach Blanco Lasagna  (1/2c Lasagna, 1/4c Spinach, 1oz Cheese)  1/2c Broccoli  Wheat Roll w/ 1 tsp margarine  1c 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 Chops  1/2c Apples and 1/4c Onions  1/2c Mashed Cauliflower  1/2c Vegetable Medley  Wheat roll | **FRIDAY JULY 14** |
| **MONDAY JULY 17**  4oz Beef Stroganoff  (3oz Beef, 1oz Sauce, 1/4c Mushrooms )  1c Orzo Pasta  1/2c Beets  1/2703c Roasted brussel sprouts  1 Wheat Roll  orange | **TUESDAY JULY 18**  1 c Tossed Salad w/ 2 TBSP light Italian Dressing  Grilled Cheese Sandwich  (.5oz swiss Cheese, 1 slices wheat bread)  1c LS Minestrone Soup + 1/2c Red kidney beans  HB 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 Beans  1/2c No added salt French style green beans  ½ c Cinnamon Peaches  3oz 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 Dressing  Chicken Quesadilla  (3oz Chicken, .5 oz Cheese, 1 6n flour tortilla)  1/2c Black beans w/ ¼ red bell pepper  1/2c Mandarin Oranges | **TUESDAY JULY 25**  1 c Tossed Salad w/ 1 TBSP light Italian Dressing  Open Faced Turkey Sandwich  (3oz LS Roasted Turkey Breast , 1 slice wheat bread, 2oz LS Gravy)  1/2c LS Mashed Potatoes  1/2c LS LF Broccoli salad | **WEDNESDAY JULY 26**  1 c Tossed Salad w/ 2 TBSP light Italian Dressing  3/4c Goulash  (3oz Beef, 1/2c Macaroni)  1/2c LS Stewed Tomatoes w/ 1oz GC  Wheat roll w/ 1 tsp margarine  1/2c Plums | **THURSDAY JULY 27**  3oz Ham Salad  (1oz LS Ham, ½ egg, 1oz celery/onion, relish, olives)  1/2c Spinach w/ 3/4c White beans  1/2c tomato, cucumber and onion salad  6 LS WW Crackers  1/2c Apricots | **FRIDAY JULY 28** |
| **MONDAY JULY 31**  Chicken Salad  (3oz Chicken, 1oz may/veg  2 slices wheat bread, 1/2c Lettuce)  1/2c Green Beans & 1/4Corn w/ 1 tsp margarine  1/2c Asparagus  1oz Sun Chips  1c 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