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| --- | --- | --- | --- | --- |
| **MONDAY JULY 3**All American Burger(1bun, 3oz patty, 1/2c lettuce, 2 slices tomato, 1 slice onion)1/2c Potato Wedges1/4 Black-Eyed Peas & 1/2c Tomato1c Watermelon½ slice Brownie | **TUESDAY JULY 4****HOLIDAY** | **WEDNESDAY JULY 5**Thai Chicken(3oz Chicken thigh, .5oz sauce)1c Brown Rice1c Oriental VegetablesWheat Roll1c Mandarin Oranges | **THURSDAY JULY 6**6 ounces Eggplant Parmesan (1 slice eggplant, No added salt 1oz Sauce, .5 ounces cheese) 1c Capri Vegetables1/2c LS Garbanzo Beans1 wheat Roll1/2c Plums4 oz Nonfat Greek Vanilla Yogurt | **FRIDAY JULY 7**Cabbage Roll1 pc cabbage, 3oz Lean Ground Beef, 1oz Rice, 1oz Tomato Sauce)1/2c Garlic Noodles (1/2c Noodles w/ ½ tsp minced garlic, 1 tsp olive oil)1c California Blend Vegetables1c Cantaloupe |
| **MONDAY JULY 10**Honey Mustard Chicken(3oz Chicken thigh, 1oz Sauce)1/2c Yams1c No added salt French style green BeansWheat roll1/2 c Spiced Peaches  | **TUESDAY JULY 11**1cup Chili(3oz Lean Beef, 4oz beans, tomatoes, 1oz Sauce)6 LS WW Crackers1c Tossed Salad w/ 2 TBSP Light Italian Dressing½ slice Cornbread1/2c Pears  | **WEDNESDAY JULY 12**3oz Lean Braised Pork1c Oriental Vegetables1/2c LS Rice Pilaf1c Tossed Salad w/ 2 TBSP Light Italian DressingWheat roll 1 Fortune Cookie | **THURSDAY JULY 13**Taco Salad1oz tortilla chips, 1c Lettuce and tomato, 3oz ground beef, no cheese)1/2c LS Pinto Beans1/2c Roasted Zucchini 1/2c Diced Mango  | **FRIDAY JULY 14**Open faced Roast Beef Sandwich(3oz Turkey Slices, 1 slices wheat bread1/2c Mashed Potatoes & 1 oz LS Gravy1/2c Carrots1c Grapes |
| **MONDAY JULY 17**3/4c LS Red Beans & 1/2c White Rice1c Stewed Okra w/ Tomatoes and onions1 6in Flour Tortilla 1/2c Lemon Pudding | **TUESDAY JULY 18**Chicken Taco(1 6 in flour tortilla ,3oz Chicken, 1/2c lettuce and tomato, .5 oz Cheese, 1oz Salsa)1/2c LS Black Beans1/2c Scandinavian Vegetables1/2c Apricots | **WEDNESDAY JULY 19**Pork Riblet Sandwich(3oz Lean LS Boneless Country style Ribs, 1 bun, 1/2c Coleslaw w/1 TBSP Dressing)4 oz Sweet Potato Fries1/c LS 3 bean salad 1/2c Pears | **THURSDAY JULY 20**Chicken Cacciatore(3oz Chicken Breasts, 2oz Sauce)1/2c LS Roasted Broccoli1/2c LS Roasted TomatoesWheat Roll1/2c Pineapple  | **FRIDAY JULY 21**8oz LS Beef Barley Soup(3oz Beef, 1/3c Barley, 1oz Vegetables)1c Tossed Salad w/ 2 TBSP Light Italian DressingWheat Roll1/2c Mixed Fruit  |
| **MONDAY JULY 24**Ruben Sandwich(3oz Lean, LS Meat, ¼ LS Sauerkraut, .5 oz Swiss Cheese, 2 slices rye bread)1c Mediterranean Vegetables1 Banana   | **TUESDAY JULY 25**4oz Breakfast Quiche(1 egg, 2.oz hashbrowns, .5 oz Cheese)1/2c spinach1 mini Bagel 1/2c Berries 1c nonfat vanilla Greek yogurt  | **WEDNESDAY JULY 26**Pork Tamale(3oz Pork 1/2 c Masa, 2oz Red chile Sauce)1c Yellow squash and tomatoes1c Fruit Cocktail  | **THURSDAY JULY 27**3oz Ground Beef & 1/2c LS Cabbage1/2c Parsley Potatoes1/2c BeetsWheat Roll1/2c Sugar Free Gelatin | **FRIDAY JULY 28**Mandarin Chicken(3oz Chicken, 1oz Sauce)1c Brown Rice1c Stir Fry Vegetables1c Mandarin oranges and Pineapple |
| **MONDAY JULY 31**Chicken Salad(3oz Chicken, 1oz may/veg2 slices wheat bread, 1/2c Lettuce)1c Green Beans & Corn w/ 1 tsp margarine1/2c LS Tomato Onion salad1oz Sun Chips1 orange |  |  |  | **NOTE:****Home Delivered Meals Served With****1c 2% Low-Fat Milk** |

***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:****4** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****1** |
| Calories | 700 or more | 700.8 | 715.4 | 737.5 | 730.2 | 827.4 |
| % Carbohydrates from Calories | 45-55% | 51.1 | 48.4 | 50.8 | 50.8 | 46.5 |
| % Protein from Calories | 15-25% | 20.7 | 21.8 | 21.2 | 21.0 | 23.6 |
| % Fat from Calories | 25-35% | 28.3 | 30.2 | 28.0 | 28.2 | 29.9 |
| Saturated Fat | less than 8g | 7.9 | 7.9 | 7.9 | 8.0 | 7.1 |
| Fiber | 10g or more | 10.6 | 10.8 | 13.7 | 10.3 | 14.3 |
| Vitamin B-12 | .8ug or more | 2.8 | 2.6 | 2.4 | 2.6 | 1.7 |
| Vitamin A | 300ug RAE or more | 354.7 | 522.9 | 492.6 | 312.6 | 348.3 |
| Vitamin C | 30mg or more | 57.0 | 34.1 | 50.7 | 32.6 | 89.9 |
| Iron | 2.6mg or more | 4.6 | 5.0 | 5.9 | 4.4 | 4.8 |
| Calcium | 400mg or more | 474.7 | 440.9 | 489.7 | 482.9 | 505.1 |
| Sodium | less than 766mg | 489.6 | 679.6 | 696.4 | 753.5 | 720.7 |

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