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| **Monday, October 2**Mushroom Burger(3oz Lean Patty, 1/4c Mushrooms, .5oz Swiss Cheese, 1bun, 1/2c Lettuce, 2 slices tomato)1/2c Cucumber and Tomato Salad1/2c No added salt French Fries 1/2c SF Strawberry Gelatin 1c berries  | **Tuesday, October 3**Chili Relleno w/ 4oz Green Chile Meat Sauce(.5oz Cheee, 1oz Crust, 1 pepper), 3oz beef, 1oz Green Chile 1/3c Fiesta Salad1c Tossed Salad w/ 2 TBSP light Italian Dresing4 LS WW Crackers3/4c Peaches  | **Wednesday, October 4**3oz Chicken Strips1oz LS Peppered Gravy1c California Blend Vegetables1/2c Tossed Salad w/ 1 TBSP light Italian DresingWheat roll1c Watermelon  | **Thursday, October 5**3oz Roast Beef1/2c Buttered new potatoes1/2c spinachWW roll1/2c Greek Nonfat Yogurt1 banana | **Friday, October 6**3oz Fried Catfish1c Coleslaw w/ 2 TBSP dressing1/2c LS red Beans, 1/3 White rice 1/2c Collard GreensAngel Food Cake, 2 TBSP Cherries, w/ 1TBSP Whipped Topping |
| **Monday, October 9**ALL CENTERS CLOSED | **Tuesday, October 10** Beef Taco(3oz Beef, 1/2c Lettuce and tomato, .5oz Cheese, 1 6in flour tortilla, 2 TBSP LS Salsa)1/2c Calabacitas w/ 1/4c Green Chiles1/2c LS Pinto Beans1/2c Pineapple Chunks | **Wednesday, October 11**3oz Pork Roast1/2c Sweet potatoes3/4c Roasted Brussel Sprouts1c Tossed Salad w/ 2 TBSP light Italian DresingGarlic Bread 1/2c Apricots  | **Thursday, October 12**Chicken Brococli Salad(3oz Chicken, 1/2c Broccoli, 1/2c Mandarin Oranges)2 TBSP Peanut Dressing1/2c Fried Rice1/2c Green Beans1 Fortune Cookie | **Friday, October 13**1c Beef Stew(3oz Beef, 1/2 c Vegetables)1/2c Cabbage1/2c Beets1 slice LF Cornbread w/ 1 tsp margarine3/4c Fruit salad |
| **Monday, October 16**1c Chile Beans(3/4c LS Pinto Beans, 1/4c Red Chile)1/2c Sliced Tomatoes1/2c Cucumber Spears1 6in Flour tortilla w/ 1 tsp margarine1/2c LF Lemon Pudding | **Tuesday , October 17**4oz Meatloaf1/2c Parlsey Potatoes3/4c Italian green Beans and 1/4c Slivered AlmondsWW roll w/ 1 tsp margarine1/2c Apple slices  | **Wednesday , October 18**3oz LS Seared Chicken & 1/4c Strawberry Salsa1c Spinach Salad(1c Spinach, 1/4c Red onion, 1TBSP Cranberries, 1/4c Chopped pecans. 2 TBSP Lite Raspberry Dressing)1/2c Corn w/ 1 tsp margarineWW roll w/ 1 tsp margarine 1c Cantaloupe | **Thursday October 19**Kielbasa & Cabbage(2oz Kielbasa, 1/2c red Cabbage)1/2c Stewed tomatoes, w/ onions and 2 TBSP Green ChilesWW bread w/ 1 tsp margarine1/2c Spiced Peaches4oz Greek Nonfat vanilla Yogurt | **Friday, October 20** LS Chicken and Dumplings(3oz Chicken, 2.5oz Dumplings, 2oz Sauce)1/2c Mustard Greens w/ garlic and 1 tsp sesame seeds 1/2c NAS French Style green beans1c Tossed Salad w/ 2 TBSP Light Italian Dresing 6 LS WW CrackersPear  |
| **Monday, October 23**4oz Salisbury Steak2oz Gravy, 1/2c Mushrooms1/2c Noodles3/4c AsparagusWW Roll 1/2c Blueberries in LF Crisp | **Tuesday, October 24**Green Chili Cheese Burger(3oz Patty, 1 bun, .5oz Cheese,1/4c Green Chile, 1/2c Lettuce, 2 slices tomato, 1 slice onion)1/3c NAS Baked French Fries 1/2c Mexican Roasted Zucchini 1/2c Greek nonfat vanilla yogurt1/2c Raspberries  | **Wednesday, October 25**Moroccan Chicken(3oz Chicken, 1/2c Garbanzo beans/ NAS tomatoes, 1oz Sauce) 1/2c Brown Rice 1/2c LS Lemon Sauteed Spinach1c Garden Salad2 TBSP light Italian Dressing1/2c SF gelatin w/ 2 TBSP FF whipped topping | **Thursday, October 26**Spaghetti & Meat Sauce(1/2c Pasta, 3oz Beef, 2oz NAS Marinara sauce)1c Italian Blend Vegetables1c Garden Salad2 TBSP light Italian Dressing1 Garlic Bread1/2c Mango w/ Mint | **Friday, October 27**3oz Chicken Fried Steak1/2c Herb Roasted Potatoes 1/2c Turnip GreensWW Roll1c Strawberries and Bananas |
| **Monday October 30**3oz LS baked Boneless Pork Chop1/2c Orzo with lemon and parsley1c Broccoli with red pepper w/ 1 tsp margarine Wheat roll w/ 1 tsp margarine1/2c Mixed Fruit  | **Tuesday October 31**1c Tossed Salad w/ 2 TBSP light Italian DresingChicken Black Bean Tostada w/ 1/4c Avocado Cream Sauce(1oz Chicken, 1/2c Black Beans, 1 corn tortilla, 1/4c Corn & Tomato Mixture)1oz Avocado Cream1/2c Salted Caramel Ice Cream1c Watermelon  |  |  |  |

***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:****5** | **Days in Week:****4** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****2** |
| Calories | 700 or more | 764.6 | 715.2 | 700.8 | 724.8 | 721.0 |
| % Carbohydrates from Calories | 45-55% | 46.6 | 47.6 | 46.7 | 45.8 | 47.8 |
| % Protein from Calories | 15-25% | 21.0 | 24.5 | 19.7 | 23.2 | 24.8 |
| % Fat from Calories | 25-35% | 32.4 | 27.8 | 33.7 | 30.9 | 27.4 |
| Saturated Fat | less than 8g | 8.0 | 7.4 | 6.3 | 7.9 | 6.9 |
| Fiber | 10g or more | 10.2 | 13.7 | 12.6 | 10.1 | 12.1 |
| Vitamin B-12 | .8ug or more | 3.2 | 2.7 | 1.7 | 3.1 | 1.6 |
| Vitamin A | 300ug RAE or more | 508.1 | 741.3 | 428.8 | 517.2 | 548.5 |
| Vitamin C | 30mg or more | 55.1 | 97.2 | 42.8 | 53.5 | 95.7 |
| Iron | 2.6mg or more | 5.7 | 6.2 | 5.1 | 6.0 | 4.0 |
| Calcium | 400mg or more | 509.5 | 516.2 | 483.7 | 498.1 | 460.0 |
| Sodium | less than 766mg | 753.9 | 671.3 | 739.2 | 695.3 | 672.1 |

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