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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 Salad  1/2c 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 Salad  1c Tossed Salad w/ 2 TBSP light Italian Dresing  4 LS WW Crackers  3/4c Peaches | **Wednesday, October 4**  3oz Chicken Strips  1oz LS Peppered Gravy  1c California Blend Vegetables  1/2c Tossed Salad w/ 1 TBSP light Italian Dresing  Wheat roll  1c Watermelon | **Thursday, October 5**  3oz Roast Beef  1/2c Buttered new potatoes  1/2c spinach  WW roll  1/2c Greek Nonfat Yogurt  1 banana | **Friday, October 6**  3oz Fried Catfish  1c Coleslaw w/ 2 TBSP dressing  1/2c LS red Beans, 1/3 White rice  1/2c Collard Greens  Angel 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 Chiles  1/2c LS Pinto Beans  1/2c Pineapple Chunks | **Wednesday, October 11**  3oz Pork Roast  1/2c Sweet potatoes  3/4c Roasted Brussel Sprouts  1c Tossed Salad w/ 2 TBSP light Italian Dresing  Garlic Bread  1/2c Apricots | **Thursday, October 12**  Chicken Brococli Salad  (3oz Chicken, 1/2c Broccoli, 1/2c Mandarin Oranges)  2 TBSP Peanut Dressing  1/2c Fried Rice  1/2c Green Beans  1 Fortune Cookie | **Friday, October 13**  1c Beef Stew  (3oz Beef, 1/2 c Vegetables)  1/2c Cabbage  1/2c Beets  1 slice LF Cornbread w/ 1 tsp margarine  3/4c Fruit salad |
| **Monday, October 16**  1c Chile Beans  (3/4c LS Pinto Beans, 1/4c Red Chile)  1/2c Sliced Tomatoes  1/2c Cucumber Spears  1 6in Flour tortilla w/ 1 tsp margarine  1/2c LF Lemon Pudding | **Tuesday , October 17**  4oz Meatloaf  1/2c Parlsey Potatoes  3/4c Italian green Beans and 1/4c Slivered Almonds  WW roll w/ 1 tsp margarine  1/2c Apple slices | **Wednesday , October 18**  3oz LS Seared Chicken & 1/4c Strawberry Salsa  1c 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 margarine  WW 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 Chiles  WW bread w/ 1 tsp margarine  1/2c Spiced Peaches  4oz 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 beans  1c Tossed Salad w/ 2 TBSP Light Italian Dresing  6 LS WW Crackers  Pear |
| **Monday, October 23**  4oz Salisbury Steak  2oz Gravy, 1/2c Mushrooms  1/2c Noodles  3/4c Asparagus  WW 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 yogurt  1/2c 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 Spinach  1c Garden Salad  2 TBSP light Italian Dressing  1/2c 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 Vegetables  1c Garden Salad  2 TBSP light Italian Dressing  1 Garlic Bread  1/2c Mango w/ Mint | **Friday, October 27**  3oz Chicken Fried Steak  1/2c Herb Roasted Potatoes  1/2c Turnip Greens  WW Roll  1c Strawberries and Bananas |
| **Monday October 30**  3oz LS baked Boneless Pork Chop  1/2c Orzo with lemon and parsley  1c Broccoli with red pepper w/ 1 tsp margarine  Wheat roll w/ 1 tsp margarine  1/2c Mixed Fruit | **Tuesday October 31**  1c Tossed Salad w/ 2 TBSP light Italian Dresing  Chicken 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 Cream  1/2c Salted Caramel Ice Cream  1c 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.

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