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| --- | --- | --- | --- | --- |
| Monday October 2  3oz Breaded Cod w/ lemon  1/2c Scalloped Potatoes  3/4c Green Beans  1c Coleslaw w/ 2 TBSP dressing  Wheat Roll  Banana | Tuesday October 3  1/2c Cheese Tortellini w/ 4oz Meaty Marinara(3oz Beef, 1oz NAS Marinara Sauce)  1c Italian Veggies  1c Tossed salad w/ 2 TBSP light Italian dressing  Wheat roll  1c Cantaloupe and Grapes | Wednesday October 4  Pepper Steak  (3oz Pepper steak, 1oz sauce)  1/2c Peppers and onions  1c brown rice  1c Stir Fry Vegetables  3/4c Pineapple | Thursday October 5  Cobb Salad w/Bacon,  (1.5c Romain lettuce, 1 HB Egg, 2oz Chicken, 1/4c tomatoes, 1 slice reduced sodium bacon, 1oz Carrots, 1/4c Cucumbers, 2 TBSP Light Ranch Dressing)  6 WW Crackers  1c Fruit salad | Friday October 6  Swedish Meatballs  (3oz meatballs, 1oz Sauce)  1/2c Egg Noodles  1/2c Peas  Spinach Salad  (1c Spinach, 1 TBSP cranberries, 1/4c Red onion, ¼ HB Egg),  2 TBSP Light Raspberry Vinaigrette)  Wheat Roll  1/2c Spiced peaches |
| Monday October 9  Closed  Indigenous Peoples Day | Tuesday October 10  Sweet & Sour Pork  (3oz Pork, 3oz sauce/vegetables)  3/4c Brown Rice  1c Asian Veggies  Vegetable Egg Roll  1/2c Mandarin Oranges | Wednesday October 11  Chicken Fettuccine  (3oz Chicken breast, 1/2c Fettuccine, 1oz Light Alfredo Sauce)  1c Cauliflower and Broccoli  Garlic Bread stick  1/2c Apple slices | Thursday October 12  Red Chile Beef Enchiladas  (3oz beef, 1oz RC, 2 corn tortilla, 1/2c lettuce and tomato, 1oz Cheese)  1/2c LS Pinto Beans  1c Tossed Salad w/ 2 TBSP light Italian Dressing  Orange | Friday October 13  3oz Chicken Fried Chicken Breast  2oz LS Chicken Gravy  1/2c LS Mashed Potatoes  1/2c Asparagus  Wheat Roll  3/4c Plums |
| Monday October 16  2oz Polish Sausage  2 TBSP Sauerkraut  1/2c Parsley Potatoes  1/2c Carrots  Wheat Roll  1c Pears  4oz Vanilla Nonfat Greek Yogurt | Tuesday October 17  3/4c Chicken & Rice Casserole  (3oz Chicken, 1/4c Rice)  3/4c Broccoli Spears w/ 1/4c Red bell pepper  1c Tossed Salad w/ 2 TBSP light Italian Dressing  Wheat Roll  3/4 c Fruit Cocktail | Wednesday October 18  Beef Burrito Supreme  (3oz ground beef, 2 tbsp refried beans, 1/2c Lettuce and tomato, 1oz GC, 1 6 in flour tortilla )  1/2c LS Spanish Rice  1c Calabacitas  1/2c Diced Mango | Thursday October 19  Baked Chicken  Mushroom Sauce  (3oz Chicken 2oz LS Sauce, 1/2c mushrooms)  1/2c Tomato Wedges  1/2c Lemon Herb Orzo  Wheat Roll w/ 1 tsp unsalted butter  1c strawberries | Friday October 20  3oz LS Turkey Roast  1/2c Yams  1c Vegetable Medley  Wheat Bread w/ 1 tsp margarine  3/4c Fruit Salad |
| Monday October 23  Fish Sandwich w/ Tartar Sauce  (1TBSP tartar Sauce, 1bun, 3oz Fish)  1c California Veggies w/ 1 tsp  1c Coleslaw w/ 2 TBSP Dressing  1/2c FF Sorbet w/ ½ c Berries | Tuesday October 24  Teriyaki Chicken  (3oz chicken, 1oz Sauce)  1/2c Brown Rice  1c Stir fry veggies w/ snap peas  1-Fortune Cookie  Wheat roll  3/4c Mandarin Oranges | Wednesday October 25  3oz Lean Beef Fajita  1/2c Peppers and Onion  1 6 in Wheat tortilla  1/2c LS Refried Beans  2 TBSP Salsa  ½ c Roasted Zucchini  1c Mixed Fruit | Thursday October 26  4oz Salisbury Steak  1oz LS Brown Gravy  1 baked sweet potato w/ 1 tsp margarine, chives  3/4c Roasted Brussel Sprouts  Wheat Roll  1c Watermelon | Friday October 27  Tuna Salad  (3oz Light Tuna)  1/2c Beets  1/2c Cold Peas  6 LS WW Crackers  1/2c Banana in 1/2c SF Gelatin |
| Monday October 30  Red Chile Cheese Dog  (1/2 beef and pork hot dog, 1bun, 1oz red chile sauce, 2oz ground beef)  1/2c LS Three Bean salad  1/2c Roasted Cauliflower  1Orange | Tuesday October 31  Turkey Sandwich  (8 in Wheat tortilla wrap, 3oz no added salt Turkey, 1/2c Lettuce, 2 slices red tomato)  1c Pasta salad (1/2c pasta, 1/2c Vegetables)  8 Baby Carrots & 1/2c Celery Sticks  1/2c Tropical Fruit |  |  |  |

***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 | 750.6 | 712.5 | 719.1 | 763.1 | 734.0 |
| % Carbohydrates from Calories | 45-55% | 53.3 | 51.1 | 50.5 | 50.1 | 50.1 |
| % Protein from Calories | 15-25% | 19.7 | 23.5 | 22.3 | 20.7 | 22.3 |
| % Fat from Calories | 25-35% | 27.0 | 25.4 | 27.2 | 29.1 | 27.6 |
| Saturated Fat | less than 8g | 8.0 | 7.9 | 7.9 | 7.9 | 8.0 |
| Fiber | 10g | 10.0 | 10.4 | 11.0 | 11.5 | 13.5 |
| Vitamin B-12 | .8ug | 2.8 | 2.1 | 2.0 | 2.9 | 2.3 |
| Vitamin A | 300ug RAE | 537.6 | 375.1 | 466.9 | 623.1 | 614.2 |
| Vitamin C | 30mg | 47.5 | 85.6 | 73.0 | 94.6 | 103.1 |
| Iron | 2.6mg | 5.1 | 4.5 | 4.4 | 5.0 | 5.6 |
| Calcium | 400mg | 483.0 | 472.2 | 456.9 | 433.8 | 494.8 |
| Sodium | less than 766mg | 694.4 | 758.7 | 761.4 | 717.4 | 649.6 |

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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