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| --- | --- | --- | --- | --- |
| Monday October 23oz Breaded Cod w/ lemon 1/2c Scalloped Potatoes3/4c Green Beans1c Coleslaw w/ 2 TBSP dressingWheat RollBanana | Tuesday October 31/2c Cheese Tortellini w/ 4oz Meaty Marinara(3oz Beef, 1oz NAS Marinara Sauce)1c Italian Veggies1c Tossed salad w/ 2 TBSP light Italian dressingWheat roll 1c Cantaloupe and Grapes  | Wednesday October 4Pepper Steak(3oz Pepper steak, 1oz sauce) 1/2c Peppers and onions1c brown rice 1c Stir Fry Vegetables 3/4c Pineapple | Thursday October 5Cobb 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 Crackers1c Fruit salad  | Friday October 6Swedish Meatballs(3oz meatballs, 1oz Sauce) 1/2c Egg Noodles1/2c Peas Spinach Salad(1c Spinach, 1 TBSP cranberries, 1/4c Red onion, ¼ HB Egg), 2 TBSP Light Raspberry Vinaigrette)Wheat Roll1/2c Spiced peaches |
| Monday October 9Closed Indigenous Peoples Day  | Tuesday October 10Sweet & Sour Pork(3oz Pork, 3oz sauce/vegetables)3/4c Brown Rice1c Asian VeggiesVegetable Egg Roll1/2c Mandarin Oranges | Wednesday October 11Chicken Fettuccine(3oz Chicken breast, 1/2c Fettuccine, 1oz Light Alfredo Sauce)1c Cauliflower and BroccoliGarlic Bread stick 1/2c Apple slices | Thursday October 12Red Chile Beef Enchiladas(3oz beef, 1oz RC, 2 corn tortilla, 1/2c lettuce and tomato, 1oz Cheese) 1/2c LS Pinto Beans1c Tossed Salad w/ 2 TBSP light Italian DressingOrange | Friday October 133oz Chicken Fried Chicken Breast2oz LS Chicken Gravy1/2c LS Mashed Potatoes1/2c AsparagusWheat Roll3/4c Plums  |
| Monday October 16 2oz Polish Sausage2 TBSP Sauerkraut1/2c Parsley Potatoes1/2c CarrotsWheat Roll1c Pears  4oz Vanilla Nonfat Greek Yogurt | Tuesday October 173/4c Chicken & Rice Casserole(3oz Chicken, 1/4c Rice)3/4c Broccoli Spears w/ 1/4c Red bell pepper1c Tossed Salad w/ 2 TBSP light Italian DressingWheat Roll3/4 c Fruit Cocktail  | Wednesday October 18Beef 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 Rice1c Calabacitas1/2c Diced Mango | Thursday October 19Baked ChickenMushroom Sauce(3oz Chicken 2oz LS Sauce, 1/2c mushrooms)1/2c Tomato Wedges1/2c Lemon Herb Orzo Wheat Roll w/ 1 tsp unsalted butter 1c strawberries | Friday October 20 3oz LS Turkey Roast1/2c Yams1c Vegetable MedleyWheat Bread w/ 1 tsp margarine3/4c Fruit Salad  |
| Monday October 23Fish Sandwich w/ Tartar Sauce(1TBSP tartar Sauce, 1bun, 3oz Fish)1c California Veggies w/ 1 tsp 1c Coleslaw w/ 2 TBSP Dressing1/2c FF Sorbet w/ ½ c Berries | Tuesday October 24Teriyaki Chicken(3oz chicken, 1oz Sauce)1/2c Brown Rice1c Stir fry veggies w/ snap peas 1-Fortune CookieWheat roll 3/4c Mandarin Oranges | Wednesday October 253oz Lean Beef Fajita 1/2c Peppers and Onion 1 6 in Wheat tortilla1/2c LS Refried Beans2 TBSP Salsa½ c Roasted Zucchini 1c Mixed Fruit | Thursday October 264oz Salisbury Steak1oz LS Brown Gravy1 baked sweet potato w/ 1 tsp margarine, chives 3/4c Roasted Brussel Sprouts Wheat Roll1c Watermelon | Friday October 27Tuna Salad(3oz Light Tuna)1/2c Beets1/2c Cold Peas6 LS WW Crackers1/2c Banana in 1/2c SF Gelatin |
| Monday October 30Red Chile Cheese Dog(1/2 beef and pork hot dog, 1bun, 1oz red chile sauce, 2oz ground beef)1/2c LS Three Bean salad1/2c Roasted Cauliflower 1Orange | Tuesday October 31Turkey 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 Sticks1/2c 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.

 Constance Rudnicki MS, RDN, LD