|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **NOTE:**  **Home Delivered Meals Served With**  **1c 2% Low-Fat Milk** |  |  |  | **FRIDAY DECEMBER 1**  3oz Baked Chicken  **1/3c Brown Rice w/ 1 tsp margarine**  1c California blend Vegetables w/ 1 tsp margarine  1c Tossed salad w/ 2 TBSP FF Ranch Dressing  Wheat roll w/ 1 tsp margarine |
| **MONDAY DECEMBER 4**  3oz Catfish  2 TBSP Tartar Sauce  1/2c Green Beans  1c Coleslaw w/ 2 TBSP dressing  Wheat roll w/ 1 tsp margarine  1/2c SF Gelatin w/ 1/2c Berries (not strawberries) | **TUESDAY DECEMBER 5**  3oz Oven Fried Chicken  1/2c parsley potatoes  1c Capri Vegetables  Wheat Roll  Banana | **WEDNESDAY DECEMBER 6**  Beef Tips and Noodles  (3oz Beef Tips, 2oz LS Gravy, 1/2c Mushrooms)  1c Egg Noodles  1 c Tossed Salad w/ 2 TBSP FF ranch Dressing  1 sl. LF Cornbread  1/2c Plums | **THURSDAY DECEMBER 7**  2oz Italian Sausage  1c Vegetable medley  3/4c Lemon Herb Orzo  Wheat Roll  1/2c Strawberries w/ 1/2c Greek nonfat vanilla yogurt and 1/3c Low Fat Granola (no raisins) | **FRIDAY DECEMBER 8**  Liver & Onions  (3oz Liver, 1/2c Onions)  1/3c LS Scalloped Potatoes  1c Tossed salad w/ 2 TBSP FF Italian Dressing  3/4c Broccoli  Orange |
| **MONDAY DECEMBER 11**  Chili Dog  (1oz beef frank, 1 bun, 2oz beef, 1oz Sauce)  1/2c Potato Wedges  1c Mediterranean Vegetable Blend  1 Fresh Pear | **TUESDAY DECEMBER 12**  6oz Chicken & Dumplings  (3oz pulled Chicken, 1/3c Dumplings, 1/4c peas and carrots)  1c Vegetable medley  ½ slice LF cornbread  1/2c Spiced Peaches | **WEDNESDAY DECEMBER 13**  1/2c Tater Tot Casserole  (3oz beef, 1/4c Tater tots, 1oz Sauce)  1c Chateau Blend  Wheat Roll  1c Mandarin oranges | **THURSDAY DECEMBER 14**  Pollo con Tomate  (3oz Drumstick, 4oz LS Tomato Sauce)  1/2c LS Spanish Rice  3/4c LS Pinto Beans  1/3c Roasted Zucchini  1 6in Flour Tortilla  1c Tropical Fruit in light syrup | **FRIDAY DECEMBER 15**  3oz Roast Beef  1/2c Diced Potatoes,  ½ Carrots, ½ c Cabbage & 1/4c Onion  1c Tossed Salad w/ 2 TBSP FF ranch dressing  6 Saltines  1c Fruit Salad |
| **MONDAY DECEMBER 18**  BBQ Chicken Wings  (3oz Roasted Chicken wing, 2 TBSP BBQ sauce)  1/3c LS Steak Fries  1c Winter blend vegetables  Wheat Roll  1c Grapes | **TUESDAY DECEMBER 19**  Philly Cheese Steak Sandwich  (1 hot dog bun, 2oz Philly meat, 1/2c Peppers and onions, .5 oz cheese sauce)  3/4c Brussel Sprouts  1c Coleslaw w/ 2 TBSP Dressing  Orange  1/2c Greek nonfat vanilla yogurt | **WEDNESDAY DECEMBER 20**  Nacho Supreme  (1oz Tortilla chips**, 3oz lean** Ground beef, .5oz cheese,  1oz Salsa/jalapeno peppers/sour cream)  1/2c LS Pinto Beans  1/2c Yellow squash  1/2c SF Gelatin  1/2c Pears | **THURSDAY DECEMBER 21**  3/4c Ham & Beans  (1/2c LS Pinto beans, 1oz LS Ham, 1oz Sauce)  1/2c Spinach  1c Tossed Salad w/ 2 TBSP FF Ranch dressing  1 slice LF Cornbread  1/2c Apple slices | **FRIDAY DECEMBER 22**  **HOLIDAY** |
| **MONDAY DECEMBER 25**  **HOLIDAY** | **TUESDAY DECEMBER 26**  Baked Boneless pork chop  (3oz Pork)  1/2c LS Brown Rice Pilaf  1c California blend vegetables w/ 1 tsp unsalted butter  1 Wheat Roll w/ 1 tsp unsalted butter  ½ c mixed fruit | **WEDNESDAY DECEMBER 27**  3oz Chicken breast w/ 1 TBSP Honey mustard sauce  1/2c Yams w/ 1/4c Chopped pecans  1/2c Stewed Okra w/ tomatoes and onions  Wheat bread w/ 1 tsp unsalted butter  1c Cantaloupe | **THURSDAY DECEMBER 28**  1c Posole w/Pork  (3oz Pork, 1oz Red Chile,  1/2c Hominy)  1c Garden Blend Veg  1 6 in Flour Tortilla w/ 1 tsp unsalted butter  1/2c Fruit cocktail | **FRIDAY DECEMBER 29**  Chef salad  (1.5c romaine lettuce,  1 HB Egg, 1oz LS Ham, 1oz Turkey Slice, 1/4c Shredded carrots, 1/4c Red Cabbage)  2 TBSP FF ranch dressing  6 LS WW crackers  1/2c cherries in Cobbler |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **1** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **4** |
| Calories | 700 or more | 742.0 | 726.7 | 702.0 | 702.4 | 725.2 |
| % Carbohydrates from Calories | 45-55% | 51.4 | 48.3 | 52.5 | 52.5 | 48.5 |
| % Protein from Calories | 15-25% | 22.8 | 20.1 | 20.6 | 19.4 | 21.5 |
| % Fat from Calories | 25-35% | 25.8 | 31.6 | 26.9 | 28.0 | 30.0 |
| Saturated Fat | less than 8g | 6.5 | 8.0 | 8.0 | 7.9 | 7.7 |
| Fiber | 10g or more | 10.3 | 10.0 | 11.2 | 12.2 | 10.6 |
| Vitamin B-12 | .8ug or more | 1.5 | 17.6 | 2.5 | 1.8 | 1.7 |
| Vitamin A | 300ug RAE or more | 774.7 | 1780.8 | 411.4 | 573.2 | 451.7 |
| Vitamin C | 30mg or more | 50.8 | 56.6 | 71.4 | 71.9 | 42.6 |
| Iron | 2.6mg or more | 3.3 | 5.6 | 4.3 | 5.0 | 3.9 |
| Calcium | 400mg or more | 424.8 | 475.8 | 431.8 | 560.1 | 423.6 |
| Sodium | less than 766mg | 747.3 | 708.0 | 617.5 | 741.5 | 721.1 |

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