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| **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 margarine1c Tossed salad w/ 2 TBSP FF Ranch DressingWheat roll w/ 1 tsp margarine |
| **MONDAY DECEMBER 4**3oz Catfish2 TBSP Tartar Sauce1/2c Green Beans1c Coleslaw w/ 2 TBSP dressingWheat roll w/ 1 tsp margarine1/2c SF Gelatin w/ 1/2c Berries (not strawberries) | **TUESDAY DECEMBER 5**3oz Oven Fried Chicken1/2c parsley potatoes1c Capri VegetablesWheat RollBanana | **WEDNESDAY DECEMBER 6**Beef Tips and Noodles(3oz Beef Tips, 2oz LS Gravy, 1/2c Mushrooms)1c Egg Noodles1 c Tossed Salad w/ 2 TBSP FF ranch Dressing1 sl. LF Cornbread1/2c Plums | **THURSDAY DECEMBER 7**2oz Italian Sausage1c Vegetable medley3/4c Lemon Herb Orzo Wheat Roll1/2c 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 Potatoes1c Tossed salad w/ 2 TBSP FF Italian Dressing3/4c Broccoli Orange  |
| **MONDAY DECEMBER 11**Chili Dog(1oz beef frank, 1 bun, 2oz beef, 1oz Sauce)1/2c Potato Wedges1c Mediterranean Vegetable Blend1 Fresh Pear  | **TUESDAY DECEMBER 12**6oz Chicken & Dumplings(3oz pulled Chicken, 1/3c Dumplings, 1/4c peas and carrots)1c Vegetable medley½ 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 BlendWheat Roll1c Mandarin oranges  | **THURSDAY DECEMBER 14**Pollo con Tomate(3oz Drumstick, 4oz LS Tomato Sauce)1/2c LS Spanish Rice3/4c LS Pinto Beans1/3c Roasted Zucchini1 6in Flour Tortilla1c Tropical Fruit in light syrup  | **FRIDAY DECEMBER 15** 3oz Roast Beef1/2c Diced Potatoes, ½ Carrots, ½ c Cabbage & 1/4c Onion1c Tossed Salad w/ 2 TBSP FF ranch dressing6 Saltines 1c Fruit Salad |
| **MONDAY DECEMBER 18**BBQ Chicken Wings(3oz Roasted Chicken wing, 2 TBSP BBQ sauce)1/3c LS Steak Fries1c Winter blend vegetablesWheat Roll1c 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 Sprouts1c Coleslaw w/ 2 TBSP DressingOrange1/2c 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 Beans1/2c Yellow squash1/2c SF Gelatin1/2c Pears | **THURSDAY DECEMBER 21**3/4c Ham & Beans(1/2c LS Pinto beans, 1oz LS Ham, 1oz Sauce)1/2c Spinach1c Tossed Salad w/ 2 TBSP FF Ranch dressing1 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 pecans1/2c Stewed Okra w/ tomatoes and onionsWheat 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 dressing6 LS WW crackers1/2c cherries in Cobbler |

***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:****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