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| --- | --- | --- | --- | --- |
| 2% Milk served at meals |  |  |  | Friday 1  3ozLS Lean Pork Chop  1/2c LS Brown Rice Pilaf w/ 1/2c Mushrooms  1/2c Green Beans w/ 1 tsp margarine  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing  1/2c LF vanilla pudding  Banana |
| Monday 4  Cheeseburger  (3 oz patty, .5 oz slice cheese, 1 bun, 1/2c lettuce, 2 tomato slices, 1 onion slice)  1/2c NAS French Fries  1/2c Cucumber and tomato Salad (non-creamy)  1c Tropical fruit salad | Tuesday 5  8oz Tuna Noodle casserole  (3oz Tuna, 1/2c Noodles, 1/4c peas and carrots)  1c Tossed Salad w/ 2 TBSP FF Italian Dressing  1/2c Apple Slices  4 LS WW Crackers | Wednesday 6  Frito Pie  (1oz Corn Chips, 3oz ground beef 2oz red chile  1/4c onion, 1/2c Lettuce and tomato)  1/2c LS Pinto Beans  1/2c Beet and Red Onion salad  1c Fruit Salad | Thursday 7  Chicken Soft Taco  (3oz Chicken, 1 6in flour tortilla, 1/2c Lettuce and tomato, 2 TBSP Salsa)  3/4c Spinach  1/3c Calabacitas  1/2c Diced Mango | Friday 8  3oz LS Salisbury Steak  1/3c Mashed Potatoes w/ 1oz LS Gravy  1c Cauliflower and Carrots w/ 1 tsp margarine  Wheat roll  1/2c FF Sorbet  1 Fresh Pear |
| Monday 11  Chicken Chow Mein  (3oz Diced Chicken, 2oz Sauce, 1/2c Chow Mein Noodles)  1c Stir Fry Vegetables  1c Pineapple and Mandarin oranges  1 Fortune cookie | Tuesday 12  3oz Chicken Fried Steak  1/2c Mashed Potatoes w/ 2oz LS Country Gravy  1/2c Roasted Brussel Sprouts  Wheat roll w/ 1 tsp margarine  1/2c Fruit Cocktail | Wednesday 13  1c Chicken Bake  (3oz Chicken, .5oz Mozzarella, 1 tsp parmesan), 1/4c Breadcrumbs, 1/2c Penne pasta)  1oz NAS Marinara sauce  1/2c LS Tomato and Red Onion Salad  1/2c Asparagus  6 LS WW Crackers  1/2c Peaches | Thursday 14  Chili & Beans  (.5oz. Cheese,  2 oz. Red Chile, 3/4c Beans)  1c Capri Vegetables  1 sl. Cornbread  1 orange | Friday 15  3/4c Beef Macaroni  (3 oz. Beef, 1 oz. Sauce,  1/2c Macaroni)  1c Garden Salad w/  2T FF Ranch Dressing  1 Wheat Roll w/ 1 tsp. Margarine  1/2c Apricots |
| Monday 18  3oz Meatballs  3oz NAS Marinara Sauce  1c Italian blend Vegetables  1/2c Spaghetti  1/2c Tossed Salad w/ 1 TBSP FF Italian Dressing  1 Wheat roll  3/4c Strawberries w/ 1/2c SF Gelatin | Tuesday 19  Open Faced Hot Turkey Sandwich  (2 oz. Turkey, 1 oz. LS Gravy,  1 sl. Wheat Bread)  1/2c LS Parsley Potatoes  1/2c Vegetable Medley  1 Oatmeal Cookie  1/2c Greek Nonfat Vanilla Yogurt | Wednesday 20  Chicken Fajitas  (3oz Chicken, 1 6in Flour tortilla, 1/2c Peppers and onions)  1/2c Corn w/ 1/2c red bell pepper  1/2c LS Spanish Rice  1-Peanut Butter cookie  banana | Thursday 21  **Holiday Dinner**  Pineapple Glazed Ham  2 oz LS Ham w/ 1 pineapple slice  1oz Glaze  1/2c Sweet Potato w/ 1/3 cup pecans  1/2c Coleslaw w/ 1 TBSP dressing  1/2c Cinnamon apples  4oz Greek nonfat vanilla yogurt | Friday 22  Tamale  (3 oz. Pork, 1/4c Red Chile Sauce,  1/4c Masa)  1/2c Cilantro Brown Rice  1/2c LS Pinto Beans  1/2c Château Blend Vegetables  1/2c Mandarin Oranges |
| Monday 25  CLOSED | Tuesday 26  1c Tossed salad w/ 2 TBSP FF Ranch Dressing  4oz LS Baked Fish w/ 2 TBSP Tartar Sauce  1/2c wild rice w/ 1/2c celery and onions  1/2c Broccoli w/ 1 tsp unsalted butter  Wheat Roll w/ 1 tsp margarine  3/4c Spiced Peaches | Wednesday 27  Chicken Sandwich  (3 oz chicken Breast,  .5oz Cheese,1 WW bun, 1/2c Lettuce, 2 tomato slice)  1c California blend vegetables  1/2c Tossed Salad w/ 1 TBSP FF Ranch Dressing  ½ c blueberry in Crisp  1/2c SF Gelatin w/ 2 TBSP FF Whipped Topping | Thursday 28  4oz meat loaf  1oz LS Gravy  1/2c Roasted Red Herbed Potatoes  1/2c NAS French Style Green Beans  Wheat Roll w/ 1 tsp margarine  1c strawberries  1 slice SF Angel food cake | Friday 29  4 oz orange chicken  1c steamed brown rice  1c oriental vegetables  Vegetable egg roll  1 Fortune Cookie  1/2c Pineapple Chunks |

***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:**  **5** | **Days in Week:**  **4** |
| Calories | 700 or more | 804.0 | 707.8 | 707.8 | 711.6 | 838.3 |
| % Carbohydrates from Calories | 45-55% | 54.4 | 51.3 | 49.0 | 51.9 | 54.1 |
| % Protein from Calories | 15-25% | 20.5 | 21.3 | 21.7 | 19.0 | 20.4 |
| % Fat from Calories | 25-35% | 25.1 | 27.4 | 29.3 | 29.1 | 25.5 |
| Saturated Fat | less than 8g | 7.7 | 8.0 | 8.0 | 6.6 | 7.5 |
| Fiber | 10g or more | 10.6 | 11.2 | 11.4 | 11.8 | 10.0 |
| Vitamin B-12 | .8ug or more | 1.9 | 2.8 | 2.1 | 1.8 | 2.2 |
| Vitamin A | 300ug RAE or more | 688.0 | 647.3 | 420.0 | 477.3 | 442.0 |
| Vitamin C | 30mg or more | 37.9 | 67.0 | 60.3 | 69.4 | 61.8 |
| Iron | 2.6mg or more | 4.4 | 5.9 | 4.6 | 3.9 | 4.5 |
| Calcium | 400mg or more | 489.9 | 491.9 | 511.9 | 424.4 | 459.3 |
| Sodium | less than 766mg | 653.9 | 714.3 | 702.1 | 757.8 | 762.0 |

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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