|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2% Milk served at meals |  |  |  | Friday 13ozLS Lean Pork Chop 1/2c LS Brown Rice Pilaf w/ 1/2c Mushrooms1/2c Green Beans w/ 1 tsp margarine1c Tossed Salad w/ 2 TBSP FF Ranch Dressing1/2c LF vanilla puddingBanana  |
| Monday 4Cheeseburger(3 oz patty, .5 oz slice cheese, 1 bun, 1/2c lettuce, 2 tomato slices, 1 onion slice) 1/2c NAS French Fries1/2c Cucumber and tomato Salad (non-creamy)1c Tropical fruit salad  | Tuesday 58oz Tuna Noodle casserole(3oz Tuna, 1/2c Noodles, 1/4c peas and carrots)1c Tossed Salad w/ 2 TBSP FF Italian Dressing1/2c Apple Slices4 LS WW Crackers | Wednesday 6Frito Pie (1oz Corn Chips, 3oz ground beef 2oz red chile 1/4c onion, 1/2c Lettuce and tomato)1/2c LS Pinto Beans1/2c Beet and Red Onion salad 1c Fruit Salad  | Thursday 7Chicken Soft Taco(3oz Chicken, 1 6in flour tortilla, 1/2c Lettuce and tomato, 2 TBSP Salsa)3/4c Spinach1/3c Calabacitas1/2c Diced Mango  | Friday 83oz LS Salisbury Steak1/3c Mashed Potatoes w/ 1oz LS Gravy1c Cauliflower and Carrots w/ 1 tsp margarineWheat roll 1/2c FF Sorbet1 Fresh Pear |
| Monday 11Chicken Chow Mein(3oz Diced Chicken, 2oz Sauce, 1/2c Chow Mein Noodles)1c Stir Fry Vegetables1c Pineapple and Mandarin oranges1 Fortune cookie | Tuesday 123oz Chicken Fried Steak1/2c Mashed Potatoes w/ 2oz LS Country Gravy1/2c Roasted Brussel Sprouts Wheat roll w/ 1 tsp margarine1/2c Fruit Cocktail | Wednesday 131c Chicken Bake(3oz Chicken, .5oz Mozzarella, 1 tsp parmesan), 1/4c Breadcrumbs, 1/2c Penne pasta)1oz NAS Marinara sauce1/2c LS Tomato and Red Onion Salad 1/2c Asparagus6 LS WW Crackers1/2c Peaches | Thursday 14Chili & Beans(.5oz. Cheese,2 oz. Red Chile, 3/4c Beans)1c Capri Vegetables 1 sl. Cornbread 1 orange | Friday 153/4c Beef Macaroni(3 oz. Beef, 1 oz. Sauce, 1/2c Macaroni)1c Garden Salad w/ 2T FF Ranch Dressing1 Wheat Roll w/ 1 tsp. Margarine1/2c Apricots |
| Monday 183oz Meatballs3oz NAS Marinara Sauce1c Italian blend Vegetables1/2c Spaghetti1/2c Tossed Salad w/ 1 TBSP FF Italian Dressing1 Wheat roll 3/4c Strawberries w/ 1/2c SF Gelatin  | Tuesday 19Open Faced Hot Turkey Sandwich(2 oz. Turkey, 1 oz. LS Gravy, 1 sl. Wheat Bread)1/2c LS Parsley Potatoes 1/2c Vegetable Medley1 Oatmeal Cookie1/2c Greek Nonfat Vanilla Yogurt  | Wednesday 20Chicken Fajitas(3oz Chicken, 1 6in Flour tortilla, 1/2c Peppers and onions)1/2c Corn w/ 1/2c red bell pepper1/2c LS Spanish Rice1-Peanut Butter cookiebanana | Thursday 21**Holiday Dinner**Pineapple Glazed Ham2 oz LS Ham w/ 1 pineapple slice 1oz Glaze1/2c Sweet Potato w/ 1/3 cup pecans1/2c Coleslaw w/ 1 TBSP dressing1/2c Cinnamon apples4oz Greek nonfat vanilla yogurt  | Friday 22Tamale(3 oz. Pork, 1/4c Red Chile Sauce, 1/4c Masa)1/2c Cilantro Brown Rice 1/2c LS Pinto Beans1/2c Château Blend Vegetables1/2c Mandarin Oranges  |
| Monday 25CLOSED  | Tuesday 261c Tossed salad w/ 2 TBSP FF Ranch Dressing 4oz LS Baked Fish w/ 2 TBSP Tartar Sauce1/2c wild rice w/ 1/2c celery and onions1/2c Broccoli w/ 1 tsp unsalted butter Wheat Roll w/ 1 tsp margarine3/4c Spiced Peaches  | Wednesday 27Chicken 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 284oz meat loaf1oz LS Gravy1/2c Roasted Red Herbed Potatoes 1/2c NAS French Style Green Beans Wheat Roll w/ 1 tsp margarine1c strawberries 1 slice SF Angel food cake | Friday 294 oz orange chicken1c steamed brown rice1c oriental vegetablesVegetable egg roll 1 Fortune Cookie 1/2c Pineapple Chunks |

***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:****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.

 Constance Rudnicki MS, RDN,LD