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| --- | --- | --- | --- | --- |
| 2% Milk served at meals | Tuesday August 1  5oz Chicken Salad w/ grape and walnuts)  (3oz Chicken, 2oz Grape/walnuts)  1/2c Carrots  1/2c LS Stewed Tomatoes  Wheat roll  1c Watermelon | Wednesday August 2  7oz Taco Salad  (1/2c Lettuce, 1/4c Diced Tomato, 1oz Tortilla Chips, 3oz Ground beef  1/2c LS Pinto Beans  3/4c Squash  Orange | Thursday August 3  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  4oz Meatloaf  1/2c LS Mashed Potatoes w/ 2oz LS Gravy  1/2c Green Beans  Wheat roll w/ 1 tsp margarine  1c Grapes | Friday August 4  CLOSED |
| Monday August 7  BBQ Pork Sandwiches  (3oz LS Lean Pork, 1oz LS BBQ Sauce, 1 WW bun)  1c Coleslaw w/ 2 TBSP dressing  ½c Tomato Onion salad  1/2c Pears | Tuesday August 8  Spaghetti w/ meat sauce  (1/2c Spaghetti, 3oz ground Beef, 1oz NAS Marinara Sauce)  1c Tossed Salad w/ 2 TBSP light Italian Dressing  1c Italian blend vegetables  Wheat bread  ½ c Spiced peaches | Wednesday August 9  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  3oz LS Baked Lemon Pepper Cod  1/2c Herb Roasted Potatoes  1/2c LS Three Bean Salad  Wheat roll w/ 1 tsp margarine  1c Tropical Fruit Salad | Thursday August 10  6oz Goulash  (3oz Beef, 1/4c Pasta, 1oz Tomatoes)  1/2c Beets  1/2c LS Stewed Tomatoes w/ 1 oz GC  1c Tossed Salad  w/ 2TBSP Light Italian Dressing  4 WW crackers  1c Cantaloupe | Friday August 11  CLOSED |
| Monday August 14  Red Chile Beef Enchiladas  (3oz Beef, 2oz RC Sauce, 2 Corn Tortilla, 1oz Cheese, 1/2c Lettuce and tomato)  1c Monte Carlo Blend Vegetables  1/2c Pinto Beans  1/2c LS Spanish Rice  1/2c Diced Mango | Tuesday August 15  Egg Salad Sandwich  (4oz egg salad (1 egg, 2 slices wheat bread)  1/2c Sweet Potatoes  ½ LS LF Broccoli Salad  1c Strawberries and Bananas  1c nonfat vanilla Greek yogurt | Wednesday August 16  6oz LS Chicken and Noodles  (3oz Chicken, 1/4c Noodles, 1oz Sauce)  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  Orange  Wheat roll | Thursday August 17  8oz Red Chile Pork Posole  (2oz RC, 3oz Pork, 1/2c Hominy)  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  1 6in Flour tortilla  1/2c SF Gelatin | Friday August 18  CLOSED |
| Monday August 21  Chile Dogs  (1/2 Beef frank, 1bun, 3oz Chile sauce)  1c Honeydew  1/2c Cucumber and tomato salad  1/2c Roasted Zucchini | Tuesday August 22  3oz LS Lean Roast Beef  1c California Blend Vegetables  1 Baked Potato w/ 1 tsp margarine, 1 tsp chives)  Wheat Roll  1/2c Baked Apple slices | Wednesday August 23  5oz Tater Tot Casserole  (3oz Beef 1oz Tater Tots, 1oz Sauce)  1/2c Mixed Vegetables  Wheat Roll  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  1c Mixed Fruit | Thursday August 24  6oz Mexican Chicken Salad  (3oz Chicken, 1ozGreek yogurt/sour cream, 2oz potatoes, carrots, green peas, corn)  3/4c LS Pinto Beans  1c Vegetable medley  6 Low sodium wheat crackers  1/2c Fruit Cocktail w/ 1/2c Sugar free gelatin | Friday August 25  CLOSED |
| Monday August 28  Cheeseburger  (3oz Beef Patty, .5oz cheese, 1bun, 1/2c Lettuce, 2 slices tomato, 1 slices onion)  1/2c Potato Salad  1/2c No added salt French style Green Beans  1/2c Berries in 1/2c SF gelatin | Tuesday August 29  Chicken Taco  (3oz Chicken, 1/2c Lettuce and tomato, 1 6in Flour tortilla, 1oz Salsa)  1/2c LS Pinto Beans  1/2c LS Spanish Rice  1c Calabacitas  1/2c Mandarin Oranges | Wednesday August 30  Sloppy Joes  (3oz Beef, 1bun, 1/2c Peppers and Onions)  3/4c Roasted Brussel Sprouts  1/2c Corn salad  1 slice angel food cake w/ 2 TBSP cherry topping and  1 TBSP whipped topping | Thursday August 31  3oz LS Lean Pork Chop  1/2c LS Rice Pilaf w/ ¼ c Mushrooms and 1/4c Spinach  1c Capri Vegetables  Wheat bread w/ 1 tsp margarine  1 banana |  |

***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:**  **3** | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **4** |
| Calories | 700 or more | 702.5 | 733.7 | 734.9 | 709.0 | 711.8 |
| % Carbohydrates from Calories | 45-55% | 47.3 | 49.9 | 49.9 | 50.7 | 48.9 |
| % Protein from Calories | 15-25% | 23.5 | 21.9 | 23.6 | 20.6 | 24.7 |
| % Fat from Calories | 25-35% | 29.2 | 28.2 | 26.4 | 28.6 | 26.4 |
| Saturated Fat | less than 8g | 7.9 | 7.3 | 7.9 | 8.0 | 7.9 |
| Fiber | 10g or more | 11.8 | 10.0 | 14.0 | 13.0 | 10.0 |
| Vitamin B-12 | .8ug or more | 2.9 | 2.9 | 2.6 | 2.7 | 2.7 |
| Vitamin A | 300ug RAE or more | 535.5 | 482.8 | 886.6 | 335.4 | 376.1 |
| Vitamin C | 30mg or more | 50.1 | 63.0 | 85.7 | 55.1 | 62.5 |
| Iron | 2.6mg or more | 5.2 | 4.9 | 5.2 | 5.3 | 6.0 |
| Calcium | 400mg or more | 484.2 | 451.0 | 607.3 | 454.0 | 498.8 |
| Sodium | less than 766mg | 530.5 | 760.5 | 759.9 | 667.3 | 737.3 |

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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