|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  | Thursday June 11c Tossed Salad w/ 2 TBSP Light Italian Dressing3oz Beef Pot Roast1/2c Roasted Potatoes1/2c CarrotsWW Roll w/ 1 tsp margarine1/2c Peaches | Friday June 2GC Cheeseburger(1oz GC, .5oz Cheese, 3oz beef, 1bun, 1/2c Lettuce, 2 slices tomato, 1 slice onion)1c California Blend Vegetables1/2c LS 3 Bean Salad1/2 c Pineapple and mandarin oranges |
| Monday June 6Ham Cobb Salad(1.5c lettuce, 1 HB egg, 1oz Turkey, 1oz LS Ham, 1/4c Cabbage, 1/3c cucumber, 10 cherry tomatoes, 8 baby carrots)2 TBSP Light Ranch Dressing1 garlic knot1c Fruit Salad | Tuesday June 7Barbecue Chicken(3oz Chicken, 1oz LS Barbecue Sauce)1c Coleslaw w/ 2 TBSP Dressing1/2c Okra10 No added salt French Fries1c Watermelon | Wednesday June 8Carne Adovada(3oz Pork, 2oz RC Sauced)1/2c LS Pinto Beans1c Zucchini w/ tomatoes1 6 in flour Tortilla1/2c Apricots | Thursday June 91c Tossed w/ 2 TBSP light Italian Dressing3oz LS Oven Roasted Turkey Breast 1/4c Stuffing1c Roasted Broccoli w CauliflowerWW roll w/ 1 tsp margarine1/2c Baked Apples | Friday June 103oz LS Herb Pork Chops1/2c LS Rice Pilaf1/2c LS Seasoned Spinach1/2c Green BeansWW Roll w/ 1 tsp margarine1/2c Pears |
| Monday June 121/2c Tossed Salad w/ 1 TBSP Light Italian DressingChicken Alfredo(3oz Chicken, 2oz Light Alfredo sauce)1/2c Fettuccine1c Italian Blend VegetablesGarlic Knot1/2c SF Gelatin | Tuesday June 131c Tossed Salad w/ 2 TBSP Light Italian Dressing1c Stuffed Bell Pepper Casserole(1/4 pepper, 1/4c Wild Rice, 3oz Beef,.5oz Cheese)Garlic Knot1oz Brownie | Wednesday June 14Beef Fajita(3oz Beef, 1/2c peppers and onion, 1 6in flour tortilla)1oz Salsa3/4c LS Pinto Beans1/2c LS Stewed Tomatoes1/2c Diced Mango | Thursday June 153oz LS Oven baked chicken w/ 2oz LS Gravy1/2c Au gratin potatoes1/2c Roasted carrots w/ 1 tsp ChivesWheat roll1c Tropical fruit salad | Friday June 166oz Tuna Casserole(3oz Tuna, 1/2c Bow tie pasta 1/4c peas and Carrots)1c Tossed Salad w/ 2 TBSP Light Italian Dressing6 LS WW Crackers1c Mixed Fruit  |
| Monday June 193oz Chicken Fried Steak1/2c LS Mashed Potatoes, w/ 2oz LS Gravy3/4c Collard greens w/ 1/4c Mushrooms Wheat roll w/ 1 tsp margarineOrange | Tuesday June 206oz Chicken Pot Pie(3oz Chicken, 1oz crust, 1/2c carrots, celery, onions, green peas)1c Tossed Salad w/ 2 TBSP Light Italian DressingWW Roll w/ 1 tsp margarine1/2c Apple Crisp | Wednesday June 21Beef Stroganoff(3oz Beef, 1/2c Noodles, 1/4c Mushrooms, 2oz LS Gravy)1c Capri Vegetables1 Plain Breadstick1c Fruit Cocktail | Thursday June 223oz LS Lemon Herb Chicken1/2c LS Rice Pilaf1/2c Roasted Brussel Sprouts 1/2c Beet and Onion SaladWheat roll w/ 1 tsp margarine1c Grapes | Friday June 23BBQ Rib Sandwich(3oz Boneless pork rib, 1oz LS BBQ Sauce, 1 hamburger bun)1/2c Potato Wedges1c Pasta salad (1/2c pasta, 1/2c vegetables)1/2c Cherry cobbler |
| Monday June 26Pepper Steak(1/2c Peppers and Onions, 3oz Beef)1c Stir Fry Vegetables1c Brown rice1/2c Mandarin oranges | Tuesday June 27Shredded Chicken Salad(5 Grape tomatoes, 3oz Chicken,1c celery, beets, cabbage, carrots)1 TBSP Dressing1/2c Mango 6 LS WW Crackers | Wednesday June 281c Tossed Salad w/ 2 TBSP light Italian DressingSpaghetti w/ Meat sauce1/2c Spaghetti5oz meat sauce (3oz ground beef, 2oz NAS marinara Sauce)1c 5 way vegetable blend w/ 1 tsp margarine1 Garlic breadstick | Thursday June 29Hot Turkey Sandwich(3 oz. Turkey, 1 sl. Wheat Bread, 1 oz LS Gravy )1/2c Parsley Potatoes1/2c Green Beans1/2c LS LF Broccoli Salad 1/2c Berries w/ 1/2c SF gelatin  | Friday June 303 oz. LS Baked Cod w/2T Tarter Sauce, 1oz Lemon Juice1c Coleslaw w/ 2 TBSP Dressing 1 Hush Puppy10 NAS baked French Fries1c Fruit SaladWheat roll w/ 1 tsp margarine |

 ***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:****2** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** |
| Calories | 700 or more | 722.2 | 745.8 | 753.5 | 768.3 | 708.7 |
| % Carbohydrates from Calories | 45-55% | 49.7 | 45.5 | 49.7 | 53.6 | 50.6 |
| % Protein from Calories | 15-25% | 21.6 | 23.2 | 22.7 | 20.6 | 21.1 |
| % Fat from Calories | 25-35% | 28.7 | 31.4 | 27.7 | 25.8 | 28.4 |
| Saturated Fat | less than 8g | 7.3 | 6.6 | 7.8 | 6.2 | 5.9 |
| Fiber | 10g or more | 12.1 | 10.7 | 10.1 | 10.4 | 10.0 |
| Vitamin B-12 | .8ug or more | 3.6 | 1.7 | 2.4 | 1.9 | 2.2 |
| Vitamin A | 300ug RAE or more | 804.9 | 603.4 | 480.5 | 411.2 | 453.9 |
| Vitamin C | 30mg or more | 54.3 | 79.9 | 68.1 | 52.0 | 93.3 |
| Iron | 2.6mg or more | 5.4 | 4.6 | 5.0 | 5.4 | 4.6 |
| Calcium | 400mg or more | 513.9 | 469.1 | 532.6 | 468.9 | 424.5 |
| Sodium | less than 766mg | 692.8 | 627.2 | 763.4 | 728.4 | 618.8 |

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