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| --- | --- | --- | --- | --- |
| **MONDAY 3, 2021**  **Swedish Meatballs**  **(3oz meatballs, 1oz sauce)**  **½ c Egg Noodles**  **1 c Vegetable Medley**  **1 Breadstick**  **1 c Pineapple** | **TUESDAY 4, 2021**  **Chicken & Rice Casserole**  **(3oz Chicken, ½ c Rice)**  **½ c LS French Style Green Beans**  **1 c Tossed Salad w 1 TBSP Light Dressing (Italian)**  **WW Roll**  **½ c Berries in Cobbler** | **WEDNESDAY 5, 2021**  **3oz Beef Roast**  **1 Baked Potato**  **1 c Cucumber & Tomato Salad**  **1 c California Veggies**  **WW Roll**  **½ c cherries w/ 2 TBSP FF Cool Whip** | **THURSDAY 6, 2021**  **Meaty Marinara Sauce**  **(3oz Meat Sauce, 3 oz NAS Marinara Sauce)**  **½ c Penne Pasta**  **1 c Italian Veggies**  **1 c Tossed Salad w 1 TBSP Light Dressing (Italian)**  **WW Roll**  **½ c Vanilla Light Ice Cream** | **FRIDAY 7, 2021**  **Soft Chicken Taco**  **(2oz Chicken, ½ c Lettuce, tomato, 1 oz LS Cheese, 2 Corn Tortillas)**  **1 c Chuck Wagon Veggies**  **½ LS Refried Beans**  **½ c LF Chocolate Pudding** |
| **MONDAY 10, 2021**  **Chicken Alfredo**  **over Fettuccini Noodles**  **3 oz Chicken, 1 oz Alfredo Sauce, ½ c Fettuccine**  **1 c Broccoli & Cauliflower w 2 tsp Margarine**  **1Garlic Bread**  **½ Peaches** | **TUESDAY 11, 2021**  **Green Chili Cheeseburger**  **with Garnish**  **3 oz Patty, 1 oz green chile, 0.5 oz LS Cheese,**  **¾ c LS Ranch Beans**  **5 Onion Rings**  **1 Bananas in ½ c LF Pudding** | **WEDNESDAY 12, 2021**  **Teriyaki Chicken**  **3 oz Chicken 1 oz LS Sauce**  **½ c LS Fried Rice**  **1 c Asian Veggies**  **1 Fortune Cookie**  **½ c Mandarin Oranges** | **THURSDAY 13, 2021**  **Pork Red Chili Tamale**  **with Meaty Red Chili Sauce**  **1 oz meat, 2 oz Red Chile Sauce**  **½ c Pinto Beans**  **1 c Squash and Corn w/ 1 TBSP Margarine**  **½ c Sliced Pears** | **FRIDAY 14, 2021**  **3 oz Turkey & 0.5 oz Swiss Cheese Sandwich**  **Garnish**  **2 slices WW bread,**  **1 c Carrot and Celery Sticks**  **1 Fresh Orange** |
| **MONDAY 17, 2021**  **All Kitchens Closed** | **TUESDAY 18, 2021**  **Sloppy Joe**  **3 oz ground beef, 1 oz sauce, 1 bun**  **14 French Fries**  **½ c Steamed Spinach**  **Chilled Peaches** | **WEDNESDAY 19, 2021**  **3 oz Baked Chicken**  **1 oz LS Chicken Gravy**  **½ c Wild Rice**  **1 c Asparagus & Onions**  **1 LS LF Biscuit**  **1/2c Tropical Fruit** | **THURSDAY 20, 2021**  **3 oz Meatloaf with**  **Veggie Topping**  **½ c Potatoes Au Gratin**  **1 c California Veggies**  **Wheat roll**  **½ c Applesauce** | **FRIDAY 21, 2021**  **3 oz Beef Fajita**  **with 1 cup Peppers & Onions**  **2 corn tortillas, 1 oz Shredded Cheese**  **1 cup Lettuce, tomato, onion**  **1/2c Spanish Rice**  **¾ c Black Bean & ¼ Corn Salad**  **½ slice SF Brownie** |
| **MONDAY 24, 2021**  **4 oz Salisbury Steak**  **2 oz LS Gravy w ½ c Mushrooms**  **½ c Mashed Potatoes**  **1 c Mixed Veggies**  **Roll**  **1 c Chilled Apricots** | **TUESDAY 25, 2021**  **3 oz Lean Country Style Ribs**  **2 TBSP LS Barbecue Sauce**  **½ c LS Ranch Beans**  **½ c Sliced Carrots**  **½ c Spinach Salad w/ 1 TBSP Light Dressing**  **1 sl. Cornbread**  **Fresh Apple** | **WEDNESDAY 26, 2021**  **Cobb Salad with**  **2 oz Chicken, 0.5 oz Turkey Bacon & 1Boiled Egg, 1.5 c Romaine lettuce**  **2 TBSP Light Salad Dressing**  **1Breadstick**  **Chocolate Cake with ½ c Cherry Topping** | **THURSDAY 27, 2021**  **Chicken & Potato Burrito**  **3oz Chicken and 1/2c Potatoes, 1 10-in tortilla**  **with 2 oz LS Chili Sauce**  **1 c Calabacitas**  **1/2c Fruit Cocktail in Jello** | **FRIDAY 28, 2021**  **3 oz Lean Beef Brisket**  **½ c Roasted Potatoes w garlic**  **½ c Brussel Spouts**  **1Roll**  **½ c LF Vanilla Pudding with Cinnamon** |
| **MONDAY 31, 2021**  **4 oz LS Lemon Pepper Baked Cod**  **1 TBSP Tartar Sauce**  **4 oz LS Sweet potato fries**  **½ c Green Beans**  **Wheat Roll w 1 tsp Margarine**  **½ c Strawberries w/ ½ c nonfat vanilla Greek yogurt** |  |  |  |  |

***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:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **1** |
| Calories | 700 or more | 730 | 742.2 | 703 | 760.0 | 757.8 |
| % Carbohydrates from Calories | 45-55% | 53.7 | 51.6 | 49.6 | 49.5 | 47.1 |
| % Protein from Calories | 15-25% | 20.3 | 23.3 | 25.0 | 22.7 | 21.8 |
| % Fat from Calories | 25-35% | 26.0 | 25.1 | 25.4 | 27.8 | 31.1 |
| Saturated Fat | less than 8g | 8.0 | 8.0 | 8.0 | 7.8 | 5.6 |
| Fiber | 10g or more | 10.0 | 11.5 | 10.6 | 10.3 | 14.6 |
| Vitamin B-12 | .8ug or more | 2.6 | 2.4 | 3.1 | 2.9 | 3.0 |
| Vitamin A | 300ug RAE or more | 448.9 | 574.6 | 363.2 | 683.4 | 707.5 |
| Vitamin C | 30mg or more | 38.4 | 66.1 | 59.1 | 43.8 | 58 |
| Iron | 2.6mg or more | 5.3 | 4.8 | 6.1 | 5.8 | 3.2 |
| Calcium | 400mg or more | 492.2 | 477.033 | 505 | 483.6 | 570.5 |
| Sodium | less than 766mg | 676.1 | 733.8 | 575 | 746.8 | 667.1 |

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