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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***

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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:****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