|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3  3oz Pork Chops  ½ c Mashed Potatoes w/ 1 oz LS Cheese  ½ c Green Beans  ½ c Plums  4 cinnamon graham crackers | 4  ½ c Spaghetti/5 oz Meat Sauce  1 c Tossed Salad w/ 2 TBSP LF Dressing (Italian)  1 Garlic Bread  ½ c Apricots | 5  6oz LS White Chili Chicken  3 oz Chicken 3 oz Sauce  Flour Tortilla  1 c peas w/ mushrooms  ½ c Gelatin  ½ c Tossed Salad w 1 TBSP Dressing | 6  3 oz LS Chicken Fried Steak  ½ c Mashed Potatoes  2 oz LS Cream Gravy  1 c Broccoli and Cauliflower  1Wheat Roll w 1 tsp margarine  ¾ c Strawberries | 7  Shepherds’ Pie  3oz Ground beef, ½ c vegetables (½ c peas and carrots, mashed potatoes)  ½ c Brussel Sprouts  ½ c SF Peach Cobber  ½ c Peaches in Cobbler  ½ c Tossed Salad w 1 TBSP Dressing  6 LS Saltine Crackers |
| 10  Beef Stew  3oz Beef, ½ C mixed vegetables  ½ c Tossed Salad w/ 1 TBSP LF Dressing  Corn bread  ½ c Pears | 11  3oz Oven Fried Chicken  ½ c Oven Fried Potatoes w/ 1 tsp Dried Parsley  ½ c California Blend Vegetables  ½ c Mandarin Oranges w/ 8 animal crackers | 12  6 oz Green Chili Chicken Enchiladas  (3oz Chicken, 1 oz Green Chile, 1 oz Cheese, 2 Corn Tortillas)  ½ c Lettuce and tomato  1c LS Pinto Beans  ½ c LS Spanish Rice  ½ c LF SF Chocolate Ice Cream | 13  6 oz LF White Lasagna  3oz Chicken, ½ c Spinach, 1 oz Cheese, ½ c Lasagna Noodles)  Garlic Bread  ½ c Broccoli w/ 1 tsp margarine  ½ c applesauce  2 gingersnap Cookie  ½ c Tossed Salad w/ 1 TBSP LF Dressing | 14  Asian Pork  3 oz pork, 2 oz LS sauce  ½ c Brown Rice  1 c Asian Veggies  ½ c Diced Mango  2 Fortune cookie  ½ c Tossed Salad w/ 1 TBSP Sesame Ginger LF Dressing |
| 17  Chicken Alfredo  3oz Chicken,  2oz Light Alfredo Sauce,  ½ c Fettuccine  1c Peas and Carrots  1 Wheat Roll w/ 1tsp Margarine | 18  1c Posole  3 oz Pork, 1 oz Green Chile, ½ c Vegetables  1Tortilla  1 c Fruit Salad  1 c Tossed Salad w/ 2 TBSP LF Dressing | 19  Arroz con Pollo  3 oz Chicken  ½ c rice  ½ c Garlic Green Beans and ½ c Onions  ½ c Pineapple w/ ½ c Dark cherries | 20  4 oz Meatloaf  ½ c Mashed Potatoes w/2 oz LS Gravy  ½ c Spinach w  / ½ c mushrooms  Wheat roll w/ 1tsp Margarine | 21  6 oz Frito Pie  3 oz meat, ½ c beans,  .5 oz LF cheese,  ½ c tomato, lettuce, onion, 1 oz Lightly Salted Corn Chips  1c Mixed fruit |
| 24  6oz Beef Enchiladas  (3oz Beef, 1oz Cheese, 1 oz red chile, 2 corn tortillas)  w/1/2c lettuce and tomato  1/2c Pinto Beans  ½ c LS Spanish Rice  ½ Plums | 25  3oz Salisbury Steak  ½ c Mashed Potatoes/2 oz LS Gravy  1c Roasted Brussel Sprouts w/Leeks  Wheat roll w/1 tsp margarine  ½ c gelatin | 26  Cheese Burger  (3oz Beef Patty, 0.5oz LF Cheese, 1 Bun)  1/2c Tossed Salad w/1 TBSP LF Dressing  4oz Baked Sweet Potato Fries  ½ c Berries | 27  1/2c Creamy LF Mac & Cheese  (1 oz LF Cheese and 2oz LS, Lean Ham, ½ c pasta)  1/2c Broccoli w/ ½c diced red pepper  1/2c Spiced Apples w/ 4oz Vanilla Nonfat Greek Yogurt | 28  Stuffed Green Peppers  (1/2 bell pepper, ½ c brown rice, 3 oz Ground beef, 1 oz LS Tomato sauce)  1 c Capri Veggies  ½ c Grapes |
| 31  Chicken a la King  (3oz Chicken, ½ c Vegetables, 2 oz Sauce )  1/2c Egg Noodles  1 c Roasted Vegetables  1 c tomato and cucumber salad  Cherry Cobbler  (1/2 c Cherries, 2 oz Crust) | 2% milk served at meals |  |  |  |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **1** |
| Calories | 700 or more | 724.4 | 773.3 | 737.5 | 705 | 848 |
| % Carbohydrates from Calories | 45-55% | 51.0 | 48.0 | 51.9 | 51.7 | 54.2 |
| % Protein from Calories | 15-25% | 20.6 | 22.7 | 21.4 | 20.7 | 22.5 |
| % Fat from Calories | 25-35% | 28.5 | 29.3 | 26.7 | 27.5 | 23.3 |
| Saturated Fat | less than 8g | 8.0 | 7.9 | 7.9 | 8.0 | 6.2 |
| Fiber | 10g or more | 10.3 | 10.9 | 10.0 | 11.0 | 10.5 |
| Vitamin B-12 | .8ug or more | 2.3 | 2.1 | 2.2 | 2.9 | 1.8 |
| Vitamin A | 300ug RAE or more | 416.2 | 625.9 | 642.8 | 677.0 | 821.7 |
| Vitamin C | 30mg or more | 58.1 | 40.5 | 34.3 | 61.4 | 163.8 |
| Iron | 2.6mg or more | 5.4 | 4.5 | 5.4 | 4.8 | 6.2 |
| Calcium | 400mg or more | 483.2 | 555.4 | 458.5 | 523.7 | 579.2 |
| Sodium | less than 766mg | 662.9 | 624.9 | 762.7 | 689.5 | 534.1 |

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