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| --- | --- | --- | --- | --- |
| 3 HAMBURGER STEAK/GRILLEDONIONS GRAVY(3 OZ HAMBURGER STEAK,1 OZ GRILLED ONIONS,2OZ LS GRAVY)4 OZ GREEN BEANS4 OZ CAULIFLOWER4 OZ TOSSED SALAD2 TBSP Light Italian Dressing6 CRACKERS4 OZ FRUIT COMPOTE | 4 CLOSED  | 5CHICKEN STRIPS3 OZ CHICKEN STRIPS3 OZ LS LF CREAMED POTATOES/2 OZ LS GRAVY6 OZ OKRA/TOMATOES/ONIONSWW ROLLSPICE CAKE/2 TBLS CREAM CHEESE ICING | 6ROAST BEEF(3 OZ ROAST BEEF, 2 OZ GRAVY)4 OZ LS Herbed Roasted POTATOES8 OZ ROASTED BROCCOLI SPEARSWW ROLL8 OZ GRAPES | 7 SALMON PATTIES4 OZ SALMON PATTIES4 OZ BLACKEYED PEAS6 OZ ROASTED BEETS & CARROTSCornbread 4 OZ FRUITCOCKTAIL |
| 105oz CHICKEN SALAD on 1 cup romaine lettuce(CELERY, GREEN ONIONS, CHEESE, GRAPES, WALNUTS, GREEN BELL PEPPER, RED BEL, Greek yogurt)2 slices wheat bread3 SLICED TOMATOES2 CUCUMBER SPEARS1/2c COTTAGE CHEESE & 1/2c PEACHES | 11BEEF TACOS(3 OZ BEEF, .5O Z CHEESE2 CORN TORTILLAS2 OZ LETTUCE, 2 OZ DICEDTOMATOES)6OZ LS PINTO BEANS4 OZ LS KICKN RICE4 OZ SF GELATIN/ 1/2c APRICOTS  | 12  CHICKEN FAJITAS(1 6 in FLOUR TORTILLAS, 3OZ CHICKEN,4 OZ PEPPERS & ONIONS,.5OZ CHEESE)8 OZ CAPRI VEGETABLES1 OZ PICO DE GALLO1 SL PUMPKIN CAKE | 13 FISH NUGGETS3 OZ FISH NUGGETS4 OZ CORN4 OZ SPINACHCORNBREAD8 OZ DICED MANGO/PINEAPPLE/FRESHMINT | 14 MEATLOAF4 OZ MEATLOAF6 OZ BRUSSELS SPROUTS1 MED BAKED POTATOE/1 TSP MARAGRINE4 OZ TOSSED SALAD1 TBSP Light Italian DressingWW ROLL4 OZ Cherries in COBBLER |
| 17 SALISBURY STEAK4 OZ BEEF PATTY4 OZ LS LF CREAMED POTATOES2 OZ LS BROWN GRAVY4 OZ MUSHROOMS4 OZ TURNIP GREENSWW ROLL1/2c Berries w/ 1 TBSP whipped Topping | 18 CHICKEN TACOS(3 OZ CHICKEN, .5 OZ CHEESE, 2 CORN TORTILLAS, 4OZ LETTUCE & TOMATO)¾ C CALAbacitas,2 OZ GC4 OZ PINTO BEANS4oz Tropical fruit salad | 19 8oz GREEN CHILI PORK STEW(3 OZ PORK, 1OZ GC, 2 OZ DICED POTATOES, 1 OZ TOMATOES, 1OZ ONIONS)8OZ TOSSED SALAD2 TBSP Light Italian dressing1 6 INCH FLOUR TORTILLA4 OZ WARM CINNAMON APPLES4 OZ GREEK NONFAT VANILLA YOGURT | 20BBQ BONANZA(3 OZ BBQ Lean Boneless Country style ribs, , 1 OZ BBQ SAUCE)3/4C BAKED BEANS4 OZ ROASTED TOMATOES1 OZ CORNBREAD8 OZ WATERMELON | 21 3oz LS Mrs Dash BAKED FISH1/2c GLAZED CARROTS1/2c 1/2c Orzo with lemon and parsleySPINACH SALAD8 OZ BABY SPINACH.1/4c SLICED RED ONION,SLICED 1/2c STRAWBERRIES, ¼ c PECAN ½’s,2 TBSP Lite Raspberry Vinaigrette6 LS WW Crackers |
| 24HAM SANDWICH(2 OZ LS HAM, 2 SLICES WHEAT BREAD,4 OZ LETTUCE, 2 OZ ONIONS, 2 OZ TOMATOES, 1oz ONION)1c LS LF Broccoli Salad4 OZ Spiced Peaches4oz NONFAT VANILLA GREEK YOGURT  | 25SMOTHERED BURRITOSMOTHERED (3 OZ BEEF, 1oz Potato, 1oz Green chile)2oz LS Green Chile Sauce, 1-6in flour tortilla)½ C LS PINTO BEANS1c vegetable medley w/ 1 tsp unsalted butter 1/2c Pears  | 26 CHICKEN STIR FRY(3 OZ CHICKEN, .5OZ SAUCE, 8 0Z ORIENTAL CABBAGE, BROCCOLI, RED PEPPER GREEN ONION)1c BROWN RICEWheat roll1c MANDARIN ORANGES | 27 BBQ PULLED PORK(3 OZ PORK, 1OZ BBQSAUCE)4 OZ PASTA SALAD(2oz PASTA, 2OZ VEGETABLES)4 OZ CUCUMBER &TOMATO SALADWW ROLL w/ 1 tsp unsalted butter 1c Honeydew melon | 28 CHICKEN FRIED STEAK3 OZ CHICKEN FRY1 OZ LS PEPPERED GRAVY4 OZ MUSTARD GREENS4 OZ LS 3 BEAN SALADWW ROLL w/ 1 tsp unsalted butter 6 OZ STRAWBERRIES &1/4c BANANAS |
| 31 TRAILBLAZER3 OZ BEEF PATTY 1 OZ AU JUS1c CALIFORNIA NORMANDY w/ 1tsp margarine6 OZ LS RANCH STYLE BEANSWW ROLL 1/3c Lemon puddingorange | 1% milk served at meals |   |   |   |

 ***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:****4** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****1** |
| Calories | 700 or more | 735.1 | 805.7 | 771.2 | 701.5 | 700.1 |
| % Carbohydrates from Calories | 45-55% | 48.9 | 48.9 | 49.0 | 48.6 | 4816 |
| % Protein from Calories | 15-25% | 19.2 | 22.5 | 23.7 | 23.6 | 23.1 |
| % Fat from Calories | 25-35% | 31.9 | 28.7 | 27.2 | 27.8 | 2803 |
| Saturated Fat | less than 8g | 7.9 | 7.6 | 7.2 | 7.3 | 7.8 |
| Fiber | 10g or more | 10.6 | 10.4 | 13.6 | 10.6 | 14.0 |
| Vitamin B-12 | .8ug or more | 3.3 | 2.3 | 2.5 | 2.1 | 3.5 |
| Vitamin A | 300ug RAE or more | 405.0 | 524.8 | 395.1 | 307.1 | 340.9 |
| Vitamin C | 30mg or more | 61.6 | 43.1 | 56.1 | 85.8 | 93.5 |
| Iron | 2.6mg or more | 4.5 | 5.9 | 5.2 | 5.4 | 6.5 |
| Calcium | 400mg or more | 591.8 | 561.8 | 557.9 | 483.3 | 474.0 |
| Sodium | less than 766mg | 721.0 | 729.0 | 592.0 | 764.3 | 675.2 |

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