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| --- | --- | --- | --- | --- |
| 3  HAMBURGER STEAK/GRILLED  ONIONS GRAVY  (3 OZ HAMBURGER STEAK,  1 OZ GRILLED ONIONS,  2OZ LS GRAVY)  4 OZ GREEN BEANS  4 OZ CAULIFLOWER  4 OZ TOSSED SALAD  2 TBSP Light Italian Dressing  6 CRACKERS  4 OZ FRUIT COMPOTE | 4  CLOSED | 5  CHICKEN STRIPS  3 OZ CHICKEN STRIPS  3 OZ LS LF CREAMED POTATOES/  2 OZ LS GRAVY  6 OZ OKRA/  TOMATOES/ONIONS  WW ROLL  SPICE CAKE/  2 TBLS CREAM CHEESE ICING | 6  ROAST BEEF  (3 OZ ROAST BEEF,  2 OZ GRAVY)  4 OZ LS Herbed Roasted POTATOES  8 OZ ROASTED BROCCOLI SPEARS  WW ROLL  8 OZ GRAPES | 7  SALMON PATTIES  4 OZ SALMON PATTIES  4 OZ BLACKEYED PEAS  6 OZ ROASTED BEETS & CARROTS  Cornbread  4 OZ FRUITCOCKTAIL |
| 10  5oz CHICKEN SALAD on 1 cup romaine lettuce  (CELERY, GREEN ONIONS, CHEESE, GRAPES, WALNUTS, GREEN BELL PEPPER, RED BEL, Greek yogurt)  2 slices wheat bread  3 SLICED TOMATOES  2 CUCUMBER SPEARS  1/2c COTTAGE CHEESE & 1/2c PEACHES | 11  BEEF TACOS  (3 OZ BEEF, .5O Z CHEESE  2 CORN TORTILLAS  2 OZ LETTUCE, 2 OZ DICED  TOMATOES)  6OZ LS PINTO BEANS  4 OZ LS KICKN RICE  4 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 VEGETABLES  1 OZ PICO DE GALLO  1 SL PUMPKIN CAKE | 13  FISH NUGGETS  3 OZ FISH NUGGETS  4 OZ CORN  4 OZ SPINACH  CORNBREAD  8 OZ DICED MANGO/PINEAPPLE/FRESH  MINT | 14  MEATLOAF  4 OZ MEATLOAF  6 OZ BRUSSELS SPROUTS  1 MED BAKED POTATOE/  1 TSP MARAGRINE  4 OZ TOSSED SALAD  1 TBSP Light Italian Dressing  WW ROLL  4 OZ Cherries in COBBLER |
| 17  SALISBURY STEAK  4 OZ BEEF PATTY  4 OZ LS LF CREAMED POTATOES  2 OZ LS BROWN GRAVY  4 OZ MUSHROOMS  4 OZ TURNIP GREENS  WW ROLL  1/2c 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 GC  4 OZ PINTO BEANS  4oz 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 SALAD  2 TBSP Light Italian dressing  1 6 INCH FLOUR TORTILLA  4 OZ WARM CINNAMON APPLES  4 OZ GREEK NONFAT VANILLA YOGURT | 20  BBQ BONANZA  (3 OZ BBQ Lean Boneless Country style ribs, , 1 OZ BBQ SAUCE)  3/4C BAKED BEANS  4 OZ ROASTED TOMATOES  1 OZ CORNBREAD  8 OZ WATERMELON | 21  3oz LS Mrs Dash BAKED FISH  1/2c GLAZED CARROTS  1/2c 1/2c Orzo with lemon and parsley  SPINACH SALAD  8 OZ BABY SPINACH.  1/4c SLICED RED ONION,  SLICED 1/2c STRAWBERRIES, ¼ c PECAN ½’s,  2 TBSP Lite Raspberry Vinaigrette  6 LS WW Crackers |
| 24  HAM SANDWICH  (2 OZ LS HAM,  2 SLICES WHEAT BREAD,  4 OZ LETTUCE, 2 OZ ONIONS, 2 OZ TOMATOES, 1oz ONION)  1c LS LF Broccoli Salad  4 OZ Spiced Peaches  4oz NONFAT  VANILLA GREEK YOGURT | 25  SMOTHERED BURRITO  SMOTHERED  (3 OZ BEEF, 1oz Potato, 1oz Green chile)  2oz LS Green Chile Sauce, 1-6in flour tortilla)  ½ C LS PINTO BEANS  1c 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 RICE  Wheat roll  1c MANDARIN ORANGES | 27  BBQ PULLED PORK  (3 OZ PORK, 1OZ BBQ  SAUCE)  4 OZ PASTA SALAD  (2oz PASTA, 2OZ VEGETABLES)  4 OZ CUCUMBER &  TOMATO SALAD  WW ROLL w/ 1 tsp unsalted butter  1c Honeydew melon | 28  CHICKEN FRIED STEAK  3 OZ CHICKEN FRY  1 OZ LS PEPPERED GRAVY  4 OZ MUSTARD GREENS  4 OZ LS 3 BEAN SALAD  WW ROLL w/ 1 tsp unsalted butter  6 OZ STRAWBERRIES &  1/4c BANANAS |
| 31  TRAILBLAZER  3 OZ BEEF PATTY 1 OZ AU JUS  1c CALIFORNIA NORMANDY w/ 1tsp margarine  6 OZ LS RANCH STYLE BEANS  WW ROLL  1/3c Lemon pudding  orange | 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