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| **MONDAY , 2021**  **Meal Donation**  **60 + $ 1.00**  **Non Seniors**  **$ 8.50** | **TUESDAY , 2021**  **Milk Served Daily**  **Lunch Served**  **11:30 AM**  **To**  **1:00 PM** | **WEDNESDAY 1, 2021**  **Beef Goulash**  **(3 oz. Beef, 1/2c Pasta,**  **1/2c Vegetables)**  **1 c Country Vegetables**  **1 sl. WW Yeast Roll w/**  **1 tsp. Margarine**  **1 Chocolate Cupcake**  **1 Apple** | **THURSDAY 2, 2021**  **COOKS**  **CHOICE** | ***FRIDAY 3, 2021***  **3 oz. Fish Sticks**  **1T Tartar Sauce**  **0.5 c Sweet Potatoes w/ 1 tsp margarine**  **1c Pineapple Coleslaw (1 oz Pineapple)**  **1 WW Roll w/ 1 tsp. Margarine**  **1 c Oranges in 1/2c SF Jell-O** |
| **MONDAY 6, 2021**  **French Dip Sandwich**  **(2 oz. Beef, 1 oz. Swiss Cheese &**  **1 oz. LS Au JU Sauce, 1 Bun/Roll)**  **1/2c Sweet Potato Fries**  **½ c LF Broccoli Salad (1/2 c broccoli and ¼ c Raisins)**  **1 LF Chocolate Chip Cookie** | **TUESDAY 7, 2021**  **Meat Lasagna?**  **(1 oz. LF Cheese,**  **1/2c Noodles, 1 oz. Sauce)**  **3 oz meat)**  **1 c Italian Vegetables**  **1/2c LF Carrot Raisin Salad (1/4 c Raisins)**  **½ sl. Texas Garlic Toast**  **1 Cinnamon Roll** | **WEDNESDAY 8, 2021**  **Chicken Tamale**  **(3 oz. Chicken,**  **1 oz. Green Chile, 3 oz. Masa)**  **1/2c LS Baked Beans**  **1/2c Roasted Vegetables**  **1/2c Tropical Fruit** | ***THURSDAY 9, 2021***  **4 oz. Meat Loaf**  **1/2c Mashed Potato**  **W/1 oz. LS Pepper Gravy**  **1/2c Germany Blend Vegetable**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1/2c Fruit Jell-O** | ***FRIDAY 10, 2021***  **Green Chili Cheese Enchiladas**  **(2 oz. Chicken, 1 oz. LF Cheese,**  **1 oz. Green Chile,**  **2 Corn Tortillas)**  **1/2c Lettuce, Tomato ,Onions**  **1/2c LS Refried Beans**  **1/2c Spring Blend Vegetables**  **1/2c LF Butterscotch Pudding** |
| **MONDAY 13, 2021**  **Stuffed Crust Pizza**  **(1oz. LF Mozz Cheese, 2 oz. Low Sodium chicken or Turkey Sausage, 1 oz. Crust, 1 oz. Sauce)**  **1c Garden Salad w/**  **1 T low Fat Dressing**  **1/2c Italian Vegetables**  **1/2c Cherries in Cherry Crisp** | **TUESDAY 14, 2021**  **4 oz. Chicken Nuggets With**  **1T Honey Mustard**  **1c Cauliflower & Broccoli w/ 1 tsp Margarine**  **1 Buttermilk Biscuit w/ 1tsp. Margarine**  **½ c Apple Delight** | **WEDNESDAY 15, 2021**  **Stuffed Cabbage Roll**  **(3 oz. Cabbage, 3 oz. Beef,**  **1 oz. Rice)**  **1 c California Vegetables**  **1 WW Roll w/ 1 tsp Margarine**  **Mixed Fruit** | **THURSDAY 16, 2021**  **Bean & Cheese Tostada**  **(3/4 LS c Beans, 1 oz. LF Cheese, 1 Corn Tortilla)**  **1c Lettuce/Tomato**  **1 oz. Salsa**  **1/2c Spanish Rice**  **1 SF Fudge Brownie** | **FRIDAY 17, 2021**  **Chicken and Mushrooms ( 3oz Chicken, 1 oz Mushrooms, 2 oz Gravy**  **1/2c Mashed Potato**  **1 oz. Low Sodium Mushroom Gravy**  **1/2c Corn w 1 tsp margarine**  **1/2c Garden Salad w/**  **1 T Low Fat Dressing**  **1 Wheat Roll w/ 1 tsp. Margarine**  **1/2c Apples in Pie** |
| **MONDAY 20, 2021-1% Milk**  **Smothered Red Chile Burrito**  **(3 oz. Beef, 0.5 oz. LS Cheese, 1 Tortilla,**  **2 oz. Red Chile)**  **1/2c Spanish Rice**  **1c Lettuce, Tomato,/ Onion**  **1/2c Peas w 1 tsp Margarine**  **½ c Mandarin Orange & Pears** | **TUESDAY 21,20211% Milk**  **Loaded Baked Potato**  **(1 Med. Potato, 1 oz Turkey Bacon Bits**  **2 oz. LF Cheese, 1T FF Sour Cream**  **1 c Capri Vegetables**  **½ c Cherries, w 4 graham crackers** | **WEDNESDAY 22, 2021-No Milk**  **1 WW Pancakes w/ 1 TBSP SF Syrup, w/ ½ TBSP margarine**  **1 med. Boiled Egg**  **1 c LS Hash brown w/ ½ c peppers and onions**  **1 Banana w/ 8 oz Non fat Greek Vanilla Yogurt** | ***THURSDAY 23, 2021***  ***Closed*** | ***FRIDAY 24, 2021***  ***Closed*** |
| **Monday 27, 2021**  **Green Chili Cheese Burger**  **(3 oz. Beef, 0.5 oz. LS Cheese, 1 oz. Green Chile, 1 Bun, 1/2c Lettuce, Tomato, Onion)**  **1 c LS Ranch Beans**  **10 LS French Fries w/ 1 TBSP Ketchup**  **½ c Fruit cocktail** | **TUESDAY 28, 2021**  **Red Chili Pork Posole (6oz)**  **(3 oz. Pork, 2 oz. Red Chile,**  **1/2c Hominy)**  **1 c Corn and Zucchini**  **1 Flour Tortilla w/**  **1 tsp. Margarine**  **½ c Crushed Pineapple** | **WEDNESDAY 29, 2021-1% Milk**  **½ c Beans & 1 oz. Low Sodium Ham, 1 oz. LS Sauce (Red Chile)**  **1c (broccoli and cauliflower) w 1 tsp margarine**  **1 Sl. Cornbread w 1 tsp margarine**  **1/2c Applesauce** | **THURSDAY 30, 2021-1% Milk**  **Grilled Cheese Sandwich**  **(1 oz. Cheese, 2 sl. WW Bread (1 tsp margarine))**  **6 oz LS Tomato Soup**  **½ spinach w/ ½ c mushrooms/onions w 1 tsp margarine**  **1/2c Spiced Peaches w/ 1 c Non-fat Greek vanilla yogurt** | ***FRIDAY 31, 2021***  ***Closed*** |

***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:**  **2** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **3** | **Days in Week:**  **4** |
| Calories | 700 or more | 733 | 738 | 702 | 733 | 704 |
| % Carbohydrates from Calories | 45-55% | 53.5 | 50.5 | 45.9 | 54.6 | 51.7 |
| % Protein from Calories | 15-25% | 17.3 | 20.7 | 22.5 | 20.5 | 22.6 |
| % Fat from Calories | 25-35% | 29.2 | 28.8 | 31.7 | 25.0 | 25.7 |
| Saturated Fat | less than 8g | 6.7 | 8.0 | 8.0 | 8.0 | 7.9 |
| Fiber | 10g or more | 10.4 | 12.1 | 10.3 | 10.0 | 11.3 |
| Vitamin B-12 | .8ug or more | 2.8 | 2.4 | 2.0 | 2.3 | 2.5 |
| Vitamin A | 300ug RAE or more | 898 | 527.8 | 515.7 | 643.9 | 384.2 |
| Vitamin C | 30mg or more | 73 | 45 | 49.0 | 38 | 39.8 |
| Iron | 2.6mg or more | 3.5 | 5.0 | 4.9 | 4.6 | 5.7 |
| Calcium | 400mg or more | 444 | 583.2 | 537 | 562.1 | 598 |
| Sodium | less than 766mg | 751.9 | 694.3 | 753 | 760 | 687 |

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