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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.

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