|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| MONDAY 3  GC Cheeseburger  (3 oz. Beef, .5oz. Cheese, 1 oz. Green Chile, 1 Bun, 1/2c Lettuce- 2 slices tomato-1 slice Onion)  1/2c Peas & Carrots  3/4c Cucumbers w/ dill  1c watermelon | TUESDAY 4  CLOSED  4th of July | WEDNESDAY 5  Sour Cream Chicken Enchilada  (2 corn tortilla, 2oz Chicken, 1oz Cheese, 1/2c Lettuce and tomato)  3/4c LS Spanish Rice (w/ 1/4c Tomatoes and onions)  3/4c LS Pinto Beans  1 Oatmeal Cookie  1/2c Fruit Cocktail | THURSDAY 6  Sloppy Joe  (3oz Lean beef, 1oz sauce, 1 bun, 1/3c peppers and onion)  10 no added salt Baked French Fries  1/2c LS Roasted Cauliflower  1/2c Mandarin Oranges | FRIDAY 7  Breakfast For Lunch  1 oz. Reduced fat Sausage Patty  2 Med. Size Scrambled Eggs  1c Diced Potatoes with Peppers and Onions  1 sl wheat bread w/ 1 tsp margarine  1/2c Applesauce |
| MONDAY 10  Hamburger Mac  (3 oz. Beef, 1 oz. Sauce,  4 oz. Macaroni)  1/2c Green Beans  1/2c Corn  1/2c Apricots | TUESDAY 11  Green Chile Lasagna  (1/2c Lasagna, 1oz GC, 1oz Cheese)  1c Tossed Salad  1 TBSP Light Italian Dressing  1c Italian Vegetables  4 LS WW Crackers  1/2c Pears  1c Greek Nonfat vanilla yogurt | WEDNESDAY 12  3 oz. Swiss Steak  1 med Baked Potato  1/2c Steamed Cabbage  1 WW Dinner Roll/1 tsp. Margarine  1/2c Mixed Fruit | THURSDAY 13  4 oz. Spaghetti & 3 oz. Baked Turkey Meatballs  1c Green Salad w/  2T Light Italian Dressing  1c Italian Mixed Vegetables  1 sl. Garlic Bread  1/2c Pineapple Tidbits | FRIDAY 14  3 oz. Lean Salisbury Steak  1/2c Parsley Potatoes  1/2c Spinach  1 WW Dinner Roll  1c Fruit salad |
| MONDAY 17  Beef Tips  (3oz beef, 1oz gravy)  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  1/2c Herbed Roasted Potatoes  3/4c Roasted Brussels Sprouts  Buttermilk Biscuit w 1 tsp Margarine  1/2c Peaches | TUESDAY 18  Stuffed Peppers  (3oz Beef, 1 pepper, 1/3c Rice)  1/3c LS Black Beans  3/4c Broccoli Spears w/ 1 tsp margarine  1 WW Roll w/ 1 tsp. Margarine  1/2c Tropical Fruit | WEDNESDAY 19  8oz Chicken Tetrazzini  (3oz Chicken, 1/4c Pasta)  1/2c Capri Vegetables  4 LS WW Crackers  1 c Green Salad w/ 2 TBSP Light Italian Dressing  1/2c cinnamon apples | THURSDAY 20  3oz Country Fried Steak  1/2c LS Mashed Potatoes w/  1oz Low Sodium Gravy  1/2c Glazed Carrots  1 WW Roll w/ 1 tsp. Margarine  1/2c Fruit Cocktail | FRIDAY 21  Green Chile Enchiladas  (3 oz. Chicken, 1 oz. Green Chile,  1 oz. Cheese,  2 Corn Tortillas)  1/2c Lettuce & Tomato  1/2c LS Pinto Beans  1/2c LS Spanish Rice  1/2c strawberries |
| MONDAY 24  8oz Chicken Pot Pie  (1oz crust, 3oz Chicken, 1/2c vegetables, 1oz Sauce)  1c Salad w/ 2 TBSP light Italian Dressing  1/2c Plums  WW Roll | TUESDAY 25  7oz Red Beef Enchiladas  (2 oz. Beef, 1 oz. Cheese, 1 oz. Red Chile, 2 Corn Tortillas)  1/2c Lettuce & Tomato  1c Vegetable Medley  1/2c LS Pinto Beans  1/2c LS Spanish Rice  1c Grapes | WWEDNESDAY 26  Soft Beef Tacos  (3oz Ground beef, 1/2c lettuce and tomato, 2 TBSP salsa, 1 6in Flour tortilla)  1/2c chuckwagon vegetables  1/2c Winter blend vegetables  1/2c cilantro-lime brown rice  1/2c Diced mango | THURSDAY 27  4oz Meatloaf  3oz Low Sodium Gravy  1/2c LS Mashed Potatoes  1/2c Beet and onion salad  1 WW Roll w/ 1 tsp. Margarine  1/2c Spiced Pears | FRIDAY 28  Stuffed Chicken Breast  (3 oz. Chicken, 1 oz. Cheese, 1/4c Spinach)  1 med Baked potato w/ 1 tsp margarine  1/2c No added salt French style green beans  1 WW Dinner Roll w/ 1tsp margarine  1/2c Pineapple |
| MONDAY 31  3oz lean LS Boneless Country style ribs  1 TBSP LS barbecue sauce  LS Country Gravy  1/2c LS Mashed Potatoes  1c Château Blend Vegetables w/ 1 tsp margarine  Wheat roll  1c Mandarin oranges& Bananas |  |  |  | 8 oz. 1% Low Fat Milk Served With All 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:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **1** |
| Calories | 700 or more | 701.6 | 728.5 | 742.2 | 740.5 | 719.3 |
| % Carbohydrates from Calories | 45-55% | 51.1 | 50.6 | 47.8 | 50.2 | 48.7 |
| % Protein from Calories | 15-25% | 21.6 | 22.5 | 23.0 | 22.4 | 25.0 |
| % Fat from Calories | 25-35% | 27.4 | 26.9 | 29.2 | 27.5 | 26.3 |
| Saturated Fat | less than 8g | 8.0 | 8.0 | 7.9 | 7.9 | 7.6 |
| Fiber | 10g or more | 10.3 | 10.0 | 11.5 | 10.8 | 11.6 |
| Vitamin B-12 | .8ug or more | 2.5 | 3.1 | 2.5 | 2.5 | 4.4 |
| Vitamin A | 300ug RAE or more | 427.2 | 539.2 | 512.3 | 437.1 | 373.8 |
| Vitamin C | 30mg or more | 56.5 | 36.2 | 77.8 | 41.8 | 63.1 |
| Iron | 2.6mg or more | 5.1 | 5.7 | 5.3 | 6.0 | 5.9 |
| Calcium | 400mg or more | 526.3 | 537.4 | 532.8 | 497.4 | 504.8 |
| Sodium | less than 766mg | 721.2 | 591.4 | 763.5 | 699.5 | 577.4 |

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