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| 1% Milk served at meals | Tuesday, August 1stChicken Fettuccine(3oz Chicken breast, 1/2c Fettuccine, 1oz Light Alfredo Sauce)1c Cauliflower and BroccoliGarlic Toast 1/2c Apple slices  | Wednesday, August 2nd Sweet & Sour Pork(3oz Pork, 3oz sauce/vegetables)1/2c Brown Rice1c Asian VeggiesVegetable Egg Roll1/2c Mandarin Oranges  | Thursday, August 3rdRed Chile Beef Enchiladas(3oz beef, 1oz RC, 2 corn tortilla, 1/2c lettuce and tomato, .5oz Cheese) 1/2c LS Pinto Beans1/2c Salsa Corn1/2c Tossed Salad w/ 1 TBSP light Italian DressingOrange | Friday August 4th3oz Chicken Fried Chicken Breast2oz LS Chicken Gravy1/2c LS Mashed Potatoes1/2c AsparagusWheat Roll1/2c Plums |
| Monday, August 7th3oz Breaded Cod w/ lemon 1/2c Scalloped Potatoes1/2c Green Beans1c Coleslaw w/ 2 TBSP dressingWheat RollBanana | Tuesday, August 8th1/2c Cheese Tortellini w/ 5oz Meaty Marinara(3oz Beef, 2oz NAS Marinara Sauce)1c Italian Veggies1c Tossed salad w/ 2 TBSP light Italian dressing1/2c Cucumber Tomato SaladGarlic Bread1c Cantaloupe and Grapes  | Wednesday, August 9thSwedish Meatballs(3oz meatballs, 2oz Sauce) 1/2c Egg Noodles1/2c Peas w/ margarineSpinach Salad(1c Spinach, 1 TBSP cranberries, 1/4c Red onion, ¼ HB Egg), 2 TBSP Light Raspberry Vinaigrette)Wheat Roll1/2c Spiced peaches  | Thursday, August 10thPepper Steak(3oz Pepper steak, 1oz sauce) 1/2c Peppers and onions1c brown rice 1c Stir Fry Vegetables 1c Pineapple | Friday, August 11thCobb Salad w/Bacon, (1.5c Romain lettuce, 1 HB Egg, 2oz Chicken, 1/4c tomatoes, 1 slice reduced sodium bacon, 2 TBSP Light Ranch Dressing) 6 WW Crackers1c Fruit salad  |
| Monday, August 14th2oz Polish Sausage2 TBSP Sauerkraut1/2c Parsley Potatoes1/2c CarrotsWheat Roll1c Pears  4oz Vanilla Nonfat Greek Yogurt  | Tuesday, August 15thBeef Burrito Supreme(3oz ground beef, 2 tbsp refried beans, 1/2c Lettuce and tomato, 1oz GC, 1 6 in flour tortilla )1/2c LS Spanish Rice1c Calabacitas1/2c Diced Mango | Wednesday, August 16th3/4c Chicken & Rice Casserole(3oz Chicken, 1/4c Rice)3/4c Broccoli Spears w/ 1/4c Red bell pepper1/2c Tossed Salad w/ 1 TBSP light Italian DressingWheat Roll1/2 c Baked Apple slices  | Thursday, August 17th3oz LS Turkey Roast1/2c Yams1c Vegetable MedleyWheat Bread w/ 1 tsp unsalted butter 1/2c Pumpkin in Cobbler  | Friday, August 18thBaked ChickenMushroom Sauce(3oz Chicken 1oz Sauce, 1oz mushrooms)1/2c LS Rice Pilaf3/4c Green Beans & 1/4c Corn w/ 1 tsp unsalted butter Wheat Roll w/ 1 tsp unsalted butter 1/2c strawberries  |
| Monday, August 21stFish Sandwich w/ Tartar Sauce(1TBSP tartar Sauce, 1bun, 3oz Fish)1c California Veggies w/ 1 tsp unsalted butter 1c Coleslaw w/ 2 TBSP Dressing1/2c Sorbet w/ ½ c Berries  | Tuesday, August 22nd3oz Salisbury Steak2oz LS Brown Gravy1 baked sweet potato w/ 1 tsp unsalted butter, chives 3/4c Roasted Brussel Sprouts Wheat Roll1c Watermelon | Wednesday, August 23rd3oz Lean Beef Fajita 1/2c Peppers and Onion 1 6 in Wheat tortilla1/2c LS Refried Beans2 TBSP Salsa½ c Roasted Zucchini 1c Mixed Fruit | Thursday, August 24thTeriyaki Chicken(3oz chicken, 1oz Sauce)1c Brown Rice1c Stir fry veggies w/ snap peas 1-Fortune CookieWheat roll 3/4c Mandarin Oranges | Friday, August 25thTuna Salad(3oz Light Tuna)1/2c Beets1/2c Cold Peas6 LS WW Crackers1/2c Banana in 1/2c SF Gelatin |
| Monday, August 28thChile Relleno(1oz crust, 1 pepper, .5oz cheese)Meaty Green Chile Sauce(1/4c Green chile sauce, 3oz meat)1/2c LS Black Beans1c Cilantro Lime Slaw1 6in flour Tortilla1/2c Chilled Apricots | Tuesday, August 29thChicken Strips(3oz chicken, 1oz Country Gravy 1/2c Okra1/2c No added salt Baked French Fries Spinach Salad(1/2c Spinach, 1 TBSP cranberries, 1/4c Red onion, ¼ HB Egg), 1 TBSP Light Raspberry Vinaigrette)6 LS WW Crackers1/2c Strawberries | Wednesday, August 30thRed Chile Cheese Dog(1/2 beef and pork hot dog, 1bun, 1oz red chile sauce, 3oz ground beef)1/2c Three Bean salad1/2c Roasted Cauliflower 1Orange | Thursday, August 31stTurkey Sandwich(Wheat tortilla wrap, 3oz no added salt Turkey, 1/2c Lettuce, 2 slices red tomato)1c Pasta salad (1/2c pasta, 1/2c Vegetables)8 Baby Carrots & 1/2c Celery Sticks1/2c Tropical Fruit |  |

***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:****4** |
| Calories | 700 or more | 714.6 | 778.5 | 718.8 | 757.8 | 740.6 |
| % Carbohydrates from Calories | 45-55% | 50.2 | 51.6 | 48.7 | 52.3 | 48.6 |
| % Protein from Calories | 15-25% | 24.8 | 20.6 | 23.7 | 20.5 | 23.2 |
| % Fat from Calories | 25-35% | 25.0 | 27.8 | 27.6 | 27.3 | 28.2 |
| Saturated Fat | less than 8g | 6.8 | 7.8 | 7.7 | 7.2 | 7.8 |
| Fiber | 10g or more | 10.8 | 10.0 | 10.0 | 11.2 | 12.9 |
| Vitamin B-12 | .8ug or more | 2.2 | 3.0 | 2.1 | 2.8 | 2.5 |
| Vitamin A | 300ug RAE or more | 318.9 | 510.8 | 369.3 | 629.1 | 515.0 |
| Vitamin C | 30mg or more | 70.7 | 51.9 | 57.5 | 74.0 | 101.0 |
| Iron | 2.6mg or more | 4.8 | 5.7 | 4.4 | 4.9 | 5.7 |
| Calcium | 400mg or more | 460.9 | 501.4 | 477.6 | 446.5 | 503.6 |
| Sodium | less than 766mg | 764.1 | 751.1 | 764.1 | 757.3 | 749.4 |

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