|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday, October 2nd 1 svg Philly Steak w/ 3 oz meat and hot dog bun1/2c Onions and Peppers, 1oz Cheese1/2c Tomato and Cucumber Salad 1/2c Corn Salsa 1/2c Tropical Fruit | Tuesday, October 3rd1c Garden Salad w/ 2 TBSP Light Italian Dressing 1 svg Chicken Cordon Bleu w/ 3 oz meat(3oz Chicken, 1oz breading, .5oz LS Ham, .5 oz Swiss Cheese)1c Winter Mix1/2c LS Brown Rice Pilaf1c Strawberries & Peaches | Wednesday, October 4thSwedish Meatballs (3oz meat, 1oz Sauce)1/2c Egg Noodles1/2c Italian Vegetables1 WW Roll Banana | Thursday, October 5th1/2c Lettuce & TomatoChipotle Chicken 3 oz Chicken thigh6” Flour Tortilla1/2c LS Roasted Zucchini1/2c Black Beans1/2c Pineapple chunks  | Friday, October 6th1/2c Tossed Salad w. 1 TBSP Light Italian Dressing4oz Meatloaf1/2c Parsley Potatoes1/2c Baby Carrots1 Pear |
| CLOSED | Tuesday, October 10th2 oz Polish Sausage 1/2c Green beans1/2c Herb Roasted Potatoes 1 Whole Wheat Roll w/ 1 tsp margarine 1/2c Baked Apples1/2c Greek Nonfat Vanilla Yogurt  | Wednesday, October 11th1c Garden Salad w/ 2 TBSP Light Italian Dressing 3 oz Oven Baked Chicken1/4c Poultry Stuffing1/2c Roasted Brussel Sprouts 1 Dinner Wheat Roll w/ 1 tsp margarine 1 svg Blueberries in LF Crisp | Thursday, October 12thRed Chile Pork Tamale (3 oz meat, 1oz RC, 1oz Masa, 1/2c Lettuce and tomato) 1/2c LS Pinto Beans1c Capri Vegetables 1/2c LS Spanish Rice1/2c Apricots  | Friday, October 13th1c LS Chicken Caldillo (3oz Chicken skinless thighs,1/2c Vegetables (Corn, zucchini, carrots, cabbage)Spinach Salad(1c spinach, 1/4c Red onion, 1 TBSP cranberries, ¼ Pecans, 2 TBSP Lite Raspberry Vinaigrette)1 6 in Flour Tortilla1c Fruit Salad |
| Monday, October 16th3oz LS Boneless Pork Chop 1/2c Baked Yam1/2c Roasted Cauliflower1 pc Jalapeno Cornbread w/ 1 tsp margarine1/2c Applesauce | Tuesday, October 17thPepper Steak (3oz Meat, 1/4c peppers and onions) 1c Brown rice 1c Stir Fry Vegetables1/2c Peaches in SF Cobbler | Wednesday, October 18th1c Tossed Salad w/ 2 TBSP Light Italian DressingSpaghetti w/ meat sauce1/2c WW Pasta, 3oz Meat, 2oz NAS Marinara Sauce) 1c Italian Vegetables1 sl Garlic Bread3/4c Mixed Fruit  | Thursday, October 19th1c Tossed Salad w/ 2 TBSP Light Italian Dressing4oz LS Cornflake Chicken1/2c Lemon Herb Orzo 1c Vegetable Medley1 WW Roll w/ 1 tsp margarine3/4c Fruit Cocktail  | Friday, October 20th3 oz Baked Fish1c Coleslaw w/ 2 TBSP Dressing3/4c Asparagus 1/2c Potatoes O’Brien1 sl. Cornbread w/ 1 tsp margarine1/2c Tapioca Pudding3/4c Mandarin Oranges  |
| Monday, October 23rdPork Stir Fry (3 oz meat, .5oz Sauce)1c Broccoli, red bell pepper, and snow peas1/2c Brown Rice3/4c spiced pears | Tuesday, October 24th8oz Shepherds Pie (3 oz meat, 1/2c mixed vegetables/ potatoes)3/4c Beets1/3c Chard 1/2c WW Roll w/ 1 tsp margarine 2 Tangerine | Wednesday, October 25thGreen Chile Chicken Posole (3 oz meat, 1/4c Green chile, 1/2c hominy)1/2c Spanish Slaw1/2c 5 Way vegetables 1 6 in Flour Tortilla1c Cantaloupe  | Thursday, October 26thHam & Cheese Sandwich(2oz LS Ham, 1oz Swiss Cheese, 2 slices wheat bread, 1/2c Lettuce and 2 slices Tomato)1/2c Cucumber and Onion Salad1c Pasta Salad (1/2c Pasta, 1/2c Vegetables)1c Watermelon  | Friday, October 27thChili Cheese Dog(1 bun, ½ hot dog, 3oz Chili, .5oz Cheese, 1/4c onion)1/2c NAS Baked French Fries 1/2c LS 3 bean Salad 1 Banana |
| Monday, October 30thSpinach, Cranberry, pecan Salad(1/2c Spinach, 1/8c Red onion, .5TBSP cranberries, 1/3c chopped pecans (Protein requirement) 1 TBSP Lite Raspberry Vinaigrette)2oz LS Ham1 baked potato w/ 1 tsp margarine, 1 tsp chives1c California Blend Vegetables1 Whole Wheat Roll1/2c Fruit Compote  | Tuesday, October 31stGreen Chile Chicken Enchiladas(3oz Chicken, 2 corn tortilla, 1oz Cheese, 1oz GC, 1/2c Lettuce and tomato)1/2c LS Pinto Beans1/2c LS Spanish RiceOrange |  |  |  |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:****5** | **Days in Week:****4** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****2** |
| Calories | 700 or more | 703.5 | 870.5 | 806.0 | 710.0 | 874.1 |
| % Carbohydrates from Calories | 45-55% | 47.8 | 49.9 | 51.3 | 50.7 | 49.8 |
| % Protein from Calories | 15-25% | 20.4 | 20.3 | 20.0 | 22.6 | 20.0 |
| % Fat from Calories | 25-35% | 31.8 | 29.8 | 28.7 | 26.7 | 30.3 |
| Saturated Fat | less than 8g | 8.0 | 6.7 | 7.4 | 7.9 | 7.2 |
| Fiber | 10g or more | 11.0 | 14.7 | 10.0 | 11.4 | 15.8 |
| Vitamin B-12 | .8ug or more | 2.1 | 1.5 | 2.8 | 2.2 | 1.5 |
| Vitamin A | 300ug RAE or more | 536.1 | 411.5 | 56.9 | 405.3 | 380.9 |
| Vitamin C | 30mg or more | 65.5 | 56.8 | 56.6 | 74.4 | 81.0 |
| Iron | 2.6mg or more | 4.8 | 5.5 | 5.5 | 5.1 | 4.9 |
| Calcium | 400mg or more | 461.8 | 481.2 | 492.6 | 548.2 | 582.5 |
| Sodium | less than 766mg | 668.1 | 757.7 | 763.9 | 766.1 | 754.1 |

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