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| Monday, October 2nd  1 svg Philly Steak w/ 3 oz meat and hot dog bun  1/2c Onions and Peppers, 1oz Cheese  1/2c Tomato and Cucumber Salad  1/2c Corn Salsa  1/2c Tropical Fruit | Tuesday, October 3rd  1c 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 Mix  1/2c LS Brown Rice Pilaf  1c Strawberries & Peaches | Wednesday, October 4th  Swedish Meatballs  (3oz meat, 1oz Sauce)  1/2c Egg Noodles  1/2c Italian Vegetables  1 WW Roll  Banana | Thursday, October 5th  1/2c Lettuce & Tomato  Chipotle Chicken 3 oz Chicken thigh  6” Flour Tortilla  1/2c LS Roasted Zucchini  1/2c Black Beans  1/2c Pineapple chunks | Friday, October 6th  1/2c Tossed Salad w. 1 TBSP Light Italian Dressing  4oz Meatloaf  1/2c Parsley Potatoes  1/2c Baby Carrots  1 Pear |
| CLOSED | Tuesday, October 10th  2 oz Polish Sausage  1/2c Green beans  1/2c Herb Roasted Potatoes  1 Whole Wheat Roll w/ 1 tsp margarine  1/2c Baked Apples  1/2c Greek Nonfat Vanilla Yogurt | Wednesday, October 11th  1c Garden Salad w/ 2 TBSP Light Italian Dressing  3 oz Oven Baked Chicken  1/4c Poultry Stuffing  1/2c Roasted Brussel Sprouts  1 Dinner Wheat Roll w/ 1 tsp margarine  1 svg Blueberries in LF Crisp | Thursday, October 12th  Red Chile Pork Tamale  (3 oz meat, 1oz RC, 1oz Masa, 1/2c Lettuce and tomato)  1/2c LS Pinto Beans  1c Capri Vegetables  1/2c LS Spanish Rice  1/2c Apricots | Friday, October 13th  1c 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 Tortilla  1c Fruit Salad |
| Monday, October 16th  3oz LS Boneless Pork Chop  1/2c Baked Yam  1/2c Roasted Cauliflower  1 pc Jalapeno Cornbread w/ 1 tsp margarine  1/2c Applesauce | Tuesday, October 17th  Pepper Steak  (3oz Meat, 1/4c peppers and onions)  1c Brown rice  1c Stir Fry Vegetables  1/2c Peaches in SF Cobbler | Wednesday, October 18th  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  Spaghetti w/ meat sauce  1/2c WW Pasta, 3oz Meat, 2oz NAS Marinara Sauce)  1c Italian Vegetables  1 sl Garlic Bread  3/4c Mixed Fruit | Thursday, October 19th  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  4oz LS Cornflake Chicken  1/2c Lemon Herb Orzo  1c Vegetable Medley  1 WW Roll w/ 1 tsp margarine  3/4c Fruit Cocktail | Friday, October 20th  3 oz Baked Fish  1c Coleslaw w/ 2 TBSP Dressing  3/4c Asparagus  1/2c Potatoes O’Brien  1 sl. Cornbread w/ 1 tsp margarine  1/2c Tapioca Pudding  3/4c Mandarin Oranges |
| Monday, October 23rd  Pork Stir Fry  (3 oz meat, .5oz Sauce)  1c Broccoli, red bell pepper, and snow peas  1/2c Brown Rice  3/4c spiced pears | Tuesday, October 24th  8oz Shepherds Pie  (3 oz meat, 1/2c mixed vegetables/ potatoes)  3/4c Beets  1/3c Chard  1/2c WW Roll w/ 1 tsp margarine  2 Tangerine | Wednesday, October 25th  Green Chile Chicken Posole  (3 oz meat, 1/4c Green chile, 1/2c hominy)  1/2c Spanish Slaw  1/2c 5 Way vegetables  1 6 in Flour Tortilla  1c Cantaloupe | Thursday, October 26th  Ham & Cheese Sandwich  (2oz LS Ham, 1oz Swiss Cheese, 2 slices wheat bread, 1/2c Lettuce and 2 slices Tomato)  1/2c Cucumber and Onion Salad  1c Pasta Salad  (1/2c Pasta, 1/2c Vegetables)  1c Watermelon | Friday, October 27th  Chili 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 30th  Spinach, 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 Ham  1 baked potato w/ 1 tsp margarine, 1 tsp chives  1c California Blend Vegetables  1 Whole Wheat Roll  1/2c Fruit Compote | Tuesday, October 31st  Green Chile Chicken Enchiladas  (3oz Chicken, 2 corn tortilla, 1oz Cheese, 1oz GC, 1/2c Lettuce and tomato)  1/2c LS Pinto Beans  1/2c LS Spanish Rice  Orange |  |  |  |

***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:**  **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.

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