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| --- | --- | --- | --- | --- |
| 1. Sweet and Sour Pork Over Rice,  *(*3 oz Pork, 1 oz Sweet & Sour Sauce)  1 c White and Brown Rice Blend   * 1. oz Pork Eggroll,   1 c Stir Fry Vegetables w/ 2 TBSP L.S. Sesame Seeds  ½ c Gelatin w/ ¾ c Pineapple Tidbits | 1. Chili Cheese Hotdog,   **(2 oz. Beef Chili, 1 oz. Frank**  **0.5 oz LF, LS Cheese, 1 Bun, 1 oz. Onions)**  1 oz Baked Potato Chips  1 c Salad w 1 TBSP LS, LF Salad Dressing  **1/2 c Watermelon Chunks w/ 1/2 c Red Gapes** | 1. 3oz Meatloaf   ½ c Mashed Potatoes  2 oz L.S Brown Gravy  1c L.S. Mixed Vegetables  1 WW Roll w/ 1 tsp Margarine  1 Oatmeal Cookie  1/2 c Apricots (Drained) | **4.** Fish and Chips,  3 oz LS Beer Battered Cod,  2 TBSP L.S Tartar Sauce  ½c Baked French Fries  1 WW Roll w/ 1 tsp Margarine  1 c L.S. German Coleslaw ½ cabbage, ½ c red/green peppers)  1 Cherry Strudel  1c Salad Bar w 1 TBSP LS, LF Dressing | 5. 4 oz Green Chili Chicken Enchiladas  (3 oz Shredded Chicken, 1 oz Shredded Cheese, 1 oz Green Chile, 1 tortilla)  ½c LS Pinto Beans  1 cup Calabacitas (no green chilies or cheese)  (½ c Zucchini, ½ Yellow Squash)  ½ c Pears  ½ c Mexican Rice  1 c Salad w 1 TBSP LF Salad Dressing |
| 8. 3.5 oz Red Chili Beef Enchiladas,  (3 oz Beef, 1 oz Chile, 1 oz L.S. Cheese, 2 Corn Tortillas)  ½ c Roasted Vegetables  ½ c L.S. Pinto Beans  1 oz LS Tortilla Chips  1 oz L.S. Salsa  ½ c LF Vanilla Pudding | 9. 3 oz L.S. Mrs Dash Grilled Chicken Breast  ½ c Wild Rice  ½ c Green Beans w/ ½ c Mushrooms, Onions  1 WW Roll w 1 tsp Margarine  ¾ c Tropical Fruit Salad | 10. Green Chili Cheese Burger  (3 oz Hamburger Patty, 1 oz Green Chile, 1 oz L.S. Cheddar Cheese, 1 bun)  ½ c Lettuce. Tomato,  1 slice Onion, 2 slices Pickle,  ½ c Potato Salad,  ½ c Apple Cobbler | 11.  **Veteran’s Day** | 12. Pork Tamales  (3 oz pork, 1 oz Masa, 1 oz Red Chile)  1 oz Red Chili Sauce  ½ c L.S. Refried Beans  ½ c Salsa Corn  ½ c Gelatin, ¾ c Strawberries |
| 15. 3 oz Chicken Fried Steak  ½ c L.S. Au Gratin Potatoes  1 oz LS Pepper Gravy  1 c California Blend Vegetables  ½ c Peaches  1 WW Roll w 1 tsp Margarine | 16. 6 oz LS Chicken Chili Cheese Soup  (3 oz Chicken, 1 oz cheese, 1oz Green chile)  6 WW LS Saltines  1 cup Salad Bar w 1 TBSP LF LS Dressing  ½ c Peach Crisp  4 WW LS Crackers | 17. 3 oz LS Tilapia, ½ c Oven Roasted Red Skin Potatoes,  1 c German Coleslaw,  2 TBSP L.S. Tartar Sauce  2 corn tortillas  ½ c Mandarin Oranges | 18. ½ c LS Sausage Lasagna,  (2 oz turkey Sausage, 1 oz L.S. Cheese)  1 Breadstick  1 c Italian Blend Vegetables  1 c Salad w 1 TBSP LF Salad Dressing  ½ c Pears W/ 1/2c nonfat Vanilla Yogurt | 19. Thanksgiving Dinner  3 oz LS Turkey w/ 1 oz LS Poultry Gravy  1/4 c LS Stuffing  1/4c Whole Cranberry Sauce  1 c Peas and Carrots  1 slice Pumpkin Pie (1/2 c Pumpkin)  w/ 1 TBSP Whipped Topping  1 WW Roll w/ 1 tsp Margarine |
| 22. 6oz LS LF Boston Clam Chowder  (3oz Clams)  1 c Salad w 2 TBSP LS, LF Salad Dressing  6 WW LS Crackers  ½ c Chocolate Pudding w/ ¾ c Strawberries | 23. Chicken Fried Chicken (3 oz Chicken Breast)  4 oz Scalloped Potatoes,  1 c Italian Blend Vegetables  ½ c Pineapples  ½ Waffle w/ 1 tsp Margarine | 24. 3 oz Salisbury Steak  ½ c Mashed Potatoes w/ 2 oz LS Brown Gravy  1 cup Broccoli Normandy  1 WW Roll w/ 1 tsp margarine  1 Spice Cup Cake (no frosting)  ½ c Apricot halves | 25.  **Thanksgiving Day** | 26.  **Black Friday** |
| 28. 3 oz BBQ Chicken  ½ c Baked Sweet Potatoes  ½ c LS Broccoli Salad  1 WW Roll w/ 1 tsp margarine  ½ c Fruit Cocktail | 30. 3 oz Fried Catfish, w/ 2 TBSP Tartar Sauce  ½ c Fried Potatoes  1 c Succotash  1 WW Roll w/ 1 tsp Margarine  ½ c Apricots |  | **All Meals Served with 8 oz.**  **1% Low Fat Milk**  **NAS=No Added Salt**  **LF = Low Fat**  **SF = Sugar Free**  **LS =Low Sodium** |  |

***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:**  **3** | **Days in Week:**  **2** |
| Calories | 700 or more | 776.6 | 704 | 762.7 | 705 | 719 |
| % Carbohydrates from Calories | 45-55% | 55 | 52.8 | 55 | 50 | 52.4 |
| % Protein from Calories | 15-25% | 17.6 | 21.5 | 19.6 | 18.9 | 21.7 |
| % Fat from Calories | 25-35% | 27 | 25.6 | 25.3 | 31.1 | 25.9 |
| Saturated Fat | less than 8g | 7.6 | 7.55 | 6.8 | 7.0 | 6.1 |
| Fiber | 10g or more | 10.1 | 10.4 | 10.6 | 10.1 | 10.2 |
| Vitamin B-12 | .8ug or more | 1.78 | 2.1 | 2.2 | 4.5 | 2.1 |
| Vitamin A | 300ug RAE or more | 462 | 576.6 | 1220 | 1430 | 514 |
| Vitamin C | 30mg or more | 54.5 | 69 | 71 | 72 | 30 |
| Iron | 2.6mg or more | 4.5 | 4.4 | 4.2 | 4.9 | 3.6 |
| Calcium | 400mg or more | 545 | 491.5 | 552 | 484 | 430 |
| Sodium | less than 766mg | 751 | 752 | 761.7 | 762.6 | 726 |

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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