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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 Chips1 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 Potatoes2 oz L.S Brown Gravy1c L.S. Mixed Vegetables1 WW Roll w/ 1 tsp Margarine1 Oatmeal Cookie1/2 c Apricots (Drained) | **4.** Fish and Chips, 3 oz LS Beer Battered Cod,2 TBSP L.S Tartar Sauce½c Baked French Fries 1 WW Roll w/ 1 tsp Margarine1 c L.S. German Coleslaw ½ cabbage, ½ c red/green peppers) 1 Cherry Strudel1c 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 Beans1 cup Calabacitas (no green chilies or cheese)(½ c Zucchini, ½ Yellow Squash)½ c Pears½ c Mexican Rice1 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 Vegetables½ c L.S. Pinto Beans1 oz LS Tortilla Chips1 oz L.S. Salsa½ c LF Vanilla Pudding | 9. 3 oz L.S. Mrs Dash Grilled Chicken Breast½ c Wild Rice½ c Green Beans w/ ½ c Mushrooms, Onions1 WW Roll w 1 tsp Margarine¾ 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 Sauce½ c L.S. Refried Beans½ c Salsa Corn½ c Gelatin, ¾ c Strawberries |
| 15. 3 oz Chicken Fried Steak½ c L.S. Au Gratin Potatoes1 oz LS Pepper Gravy1 c California Blend Vegetables½ c Peaches1 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 Saltines1 cup Salad Bar w 1 TBSP LF LS Dressing½ c Peach Crisp4 WW LS Crackers  | 17. 3 oz LS Tilapia,½ c Oven Roasted Red Skin Potatoes,1 c German Coleslaw,2 TBSP L.S. Tartar Sauce2 corn tortillas ½ c Mandarin Oranges | 18. ½ c LS Sausage Lasagna,(2 oz turkey Sausage, 1 oz L.S. Cheese)1 Breadstick1 c Italian Blend Vegetables1 c Salad w 1 TBSP LF Salad Dressing½ c Pears W/ 1/2c nonfat Vanilla Yogurt  | 19. Thanksgiving Dinner3 oz LS Turkey w/ 1 oz LS Poultry Gravy1/4 c LS Stuffing1/4c Whole Cranberry Sauce1 c Peas and Carrots1 slice Pumpkin Pie (1/2 c Pumpkin)w/ 1 TBSP Whipped Topping1 WW Roll w/ 1 tsp Margarine |
| 22. 6oz LS LF Boston Clam Chowder(3oz Clams) 1 c Salad w 2 TBSP LS, LF Salad Dressing6 WW LS Crackers½ c Chocolate Pudding w/ ¾ c Strawberries  | 23. Chicken Fried Chicken (3 oz Chicken Breast)4 oz Scalloped Potatoes,1 c Italian Blend Vegetables½ c Pineapples½ Waffle w/ 1 tsp Margarine | 24. 3 oz Salisbury Steak ½ c Mashed Potatoes w/ 2 oz LS Brown Gravy1 cup Broccoli Normandy1 WW Roll w/ 1 tsp margarine1 Spice Cup Cake (no frosting)½ c Apricot halves | 25. **Thanksgiving Day** | 26. **Black Friday** |
| 28. 3 oz BBQ Chicken½ c Baked Sweet Potatoes½ c LS Broccoli Salad1 WW Roll w/ 1 tsp margarine½ c Fruit Cocktail | 30. 3 oz Fried Catfish, w/ 2 TBSP Tartar Sauce½ c Fried Potatoes1 c Succotash1 WW Roll w/ 1 tsp Margarine½ 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.

Constance Rudnicki, MS, RDN, LD