|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1% Milk used in analysis**  **Light Italian Dressing used in analysis**  **LS =Low Sodium**  **NAS-No added Salt** |  |  | Thursday December 1  12oz Beef Stew  (3oz Beef 1 cup potatoes, celery, carrots, onions)  Biscuit w/ t tsp margarine  1/2c LF Vanilla Pudding  3/4c Fruit Salad | Friday December 2  BBQ Chicken Breast  (3oz Chicken, 2oz LS BBQ Sauce)  1/2c Buttered New Potatoes(use red potatoes)  1c Caribbean Blend Vegetables w/ 2 tsp margarine  WW Roll w/ 1 tsp margarine  1/2c Berries w/ 2 TBSP Whipped Topping |
| Monday December 5  Pulled Pork sandwich  (3oz pork, 1 bun, 1/2c Lettuce, 2 sl. Tomato)  ½ LS Chili Beans  1c Cucumber Salad  1/2c Okra and tomatoes, onions  1/2c Baked Apple slices | Tuesday December 6  BREAKFAST FOR LUNCH  1oz reduced fat sausage patty and 2oz Egg Scramble, 1oz Cheese, 2oz GC Sauce,  1/2c LS Stewed tomatoes  1/2c Diced Potatoes w/ onion  Wheat toast 1 tsp margarine  1c Grapes | Wednesday December 7  Pork Posole  (1/2c Hominy, 3oz Pork, 1/2c Red chile?)  1c Zucchini w/ Onions  1 6in flour tortilla  1/2c Diced Mango  1-Oatmeal Raisin Cookie | Thursday December 8  RC Bean and cheese Enchiladas  (2oz RC Sauce, 1oz Cheese, 1/2c LS Pinto Beans)  1/2c LS Spanish Rice  1c Chuckwagon Corn  1/2c Lettuce and tomato  1/2c Mixed Fruit | Friday December 9  Spaghetti w/ Meat Sauce  (1/2c Spaghetti, 2oz NAS Marinara Sauce, 3oz Beef)  1c Italian Vegetables  1/2c Tossed Salad w/ 1 TBSP Light Dressing  Breadstick  1/2c Gelatin w/ ½ strawberries and bananas |
| Monday December 12  Salisbury Steak w/ Mushroom Gravy  (3oz Salisbury Steak, 1/4c Mushrooms, 2oz LS Gravy)  1/2c Parsley Potatoes  WW Roll  1c Winter Blend Vegetables  1/2c Fruit Compote | Tuesday December 13  Chef Salad w/ 2oz Turkey, 1 HB Egg, 5 Cherry tomatoes, 8 baby carrots, ¼ shredded red cabbage, 1.5c lettuce, 3 TBSP Light Ranch Dressing)  1/4c Croutons  6 LS WW Crackers  1/2c Cherries | Wednesday December 14  6oz SW Tater Tot Casserole  (3oz Beef, .5oz cheese, 1/2c vegetables/tater tots)  1/2c Mixed Vegetable  WW Roll  1c Baked Apple Slices | Thursday December 15  2oz Reduced Sodium Glazed Ham  1/2c Sweet Potatoes w/ 1/3c Pecans (protein requirement)  1/2c Brussel Sprouts  Sweet Roll w/ 1 tsp margarine  1/2c SF Gelatin w/ 1/3c Cranberries | Friday December 16  3oz LS Fish Filet w/lemon wedge  1/2c LS Rice Pilaf  1c Capri Vegetables  Conrbread w/ 1 TBSP Honey  1/2c Sherbet |
| Monday December 19  3oz Country Fried Steak  1/2c Mashed Potatoes w/ 2oz LS Gravy  1c Garden Blend Vegetables  1oz Cornbread w/ 1 tsp margarine  1/2c Apricots | Tuesday December 20  6oz Chicken Pot Pie  (1oz Crust, 3oz Chicken, 1/2c Vegetables)  1c Tossed Salad w/ 2 TBSP Light Dressing  WW Roll w/ 1 tsp margarine  Orange | Wednesday December 21  3oz Meatloaf  1/2c Mashed Potatoes w/ 2 oz LS Gravy  1c Malibu Vegetables  WW roll w/ 1 tsp margarine  1 Fresh Pear | Thursday December 22  5oz Cranberry Maple Chicken  1/3c Stuffing w/ 2oz LS Gravy  1c Green Beans w/ onions  Biscuit w/ 1 tsp Margarine  2oz Spice Cake (no frosting) | **Friday December 23**  **CLOSED** |
| **Monday December 26**  **CLOSED** | Tuesday December 27  Breaded Chicken Sandwich  (3oz Chicken, 1/2c Lettuce, 2 slices tomato, .5oz Cheese, 1bun)  1c Coleslaw w/ 2 TBSP Dressing  1/2c 5 way mixed Vegetables w/ 1 tsp margarine  1/2c Peaches | Wednesday December 28  6oz Frito Pie  (2oz RC Sauce, 3oz Beef  1oz Corn Chips, 1/2c Lettuce and tomato)  1/2c LS Pinto Beans  1c Corn Salad  1/2c Fruit Cocktail | Thursday December 29  3oz Pork Chop w/ 2oz LS Gravy  1c Broccoli w/ Red Peppers w/ 1 tsp margarine  1/2c Garden Salad w/ 1 TBSP Light Dressing  WW Roll w/ 1 tsp margarine  3/4c Honeydew | Friday December 30  3oz Top Round  1/2c Red skin Mashed Potatoes w/ 2oz LS Gravy  1c California Blend Vegetables w/ 1 tsp margarine  1/2c Tossed Salad w/ 1 TBSP Light Dressing  WW Roll w/ 1 tsp margarine  1/2c Cherry in Cobbler |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **2** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **4** |
| Calories | 700 or more | 744.5 | 706.1 | 722.6 | 732.3 | 764.4 |
| % Carbohydrates from Calories | 45-55% | 55.0 | 51.9 | 51.2 | 51.0 | 45.2 |
| % Protein from Calories | 15-25% | 18.7 | 21.2 | 19.4 | 18.9 | 22.4 |
| % Fat from Calories | 25-35% | 26.3 | 26.9 | 29.5 | 30.1 | 32.3 |
| Saturated Fat | less than 8g | 6.3 | 6.2 | 6.3 | 6.7 | 7.4 |
| Fiber | 10g or more | 10.4 | 10.4 | 10.2 | 10.7 | 11.8 |
| Vitamin B-12 | .8ug or more | 1.8 | 2.1 | 2.2 | 2.0 | 2.6 |
| Vitamin A | 300ug RAE or more | 745.7 | 378.0 | 589.3 | 689.4 | 488.1 |
| Vitamin C | 30mg or more | 99.9 | 48.2 | 41.1 | 67.5 | 77.1 |
| Iron | 2.6mg or more | 4.6 | 4.8 | 4.2 | 4.4 | 5.0 |
| Calcium | 400mg or more | 507.5 | 522.2 | 491.8 | 514.8 | 492.2 |
| Sodium | less than 766mg | 632.3 | 721.3 | 766.6 | 644.0 | 732.6 |

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