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| **1% Milk used in analysis****Light Italian Dressing used in analysis****LS =Low Sodium****NAS-No added Salt** |  |  | Thursday December 112oz Beef Stew(3oz Beef 1 cup potatoes, celery, carrots, onions)Biscuit w/ t tsp margarine1/2c LF Vanilla Pudding3/4c Fruit Salad | Friday December 2BBQ Chicken Breast(3oz Chicken, 2oz LS BBQ Sauce)1/2c Buttered New Potatoes(use red potatoes)1c Caribbean Blend Vegetables w/ 2 tsp margarineWW Roll w/ 1 tsp margarine1/2c Berries w/ 2 TBSP Whipped Topping |
| Monday December 5Pulled Pork sandwich(3oz pork, 1 bun, 1/2c Lettuce, 2 sl. Tomato)½ LS Chili Beans1c Cucumber Salad1/2c Okra and tomatoes, onions1/2c Baked Apple slices  | Tuesday December 6BREAKFAST FOR LUNCH1oz reduced fat sausage patty and 2oz Egg Scramble, 1oz Cheese, 2oz GC Sauce, 1/2c LS Stewed tomatoes1/2c Diced Potatoes w/ onionWheat toast 1 tsp margarine1c Grapes | Wednesday December 7Pork Posole(1/2c Hominy, 3oz Pork, 1/2c Red chile?)1c Zucchini w/ Onions1 6in flour tortilla1/2c Diced Mango1-Oatmeal Raisin Cookie | Thursday December 8RC Bean and cheese Enchiladas(2oz RC Sauce, 1oz Cheese, 1/2c LS Pinto Beans) 1/2c LS Spanish Rice1c Chuckwagon Corn1/2c Lettuce and tomato1/2c Mixed Fruit  | Friday December 9Spaghetti w/ Meat Sauce(1/2c Spaghetti, 2oz NAS Marinara Sauce, 3oz Beef)1c Italian Vegetables1/2c Tossed Salad w/ 1 TBSP Light DressingBreadstick 1/2c Gelatin w/ ½ strawberries and bananas |
| Monday December 12Salisbury Steak w/ Mushroom Gravy(3oz Salisbury Steak, 1/4c Mushrooms, 2oz LS Gravy)1/2c Parsley PotatoesWW 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 Croutons6 LS WW Crackers1/2c Cherries | Wednesday December 14 6oz SW Tater Tot Casserole(3oz Beef, .5oz cheese, 1/2c vegetables/tater tots)1/2c Mixed VegetableWW Roll 1c Baked Apple Slices  | Thursday December 15 2oz Reduced Sodium Glazed Ham1/2c Sweet Potatoes w/ 1/3c Pecans (protein requirement)1/2c Brussel Sprouts Sweet Roll w/ 1 tsp margarine1/2c SF Gelatin w/ 1/3c Cranberries | Friday December 16 3oz LS Fish Filet w/lemon wedge 1/2c LS Rice Pilaf1c Capri VegetablesConrbread w/ 1 TBSP Honey1/2c Sherbet |
| Monday December 193oz Country Fried Steak1/2c Mashed Potatoes w/ 2oz LS Gravy1c Garden Blend Vegetables 1oz Cornbread w/ 1 tsp margarine1/2c Apricots  | Tuesday December 206oz Chicken Pot Pie(1oz Crust, 3oz Chicken, 1/2c Vegetables)1c Tossed Salad w/ 2 TBSP Light DressingWW Roll w/ 1 tsp margarineOrange  | Wednesday December 213oz Meatloaf1/2c Mashed Potatoes w/ 2 oz LS Gravy1c Malibu VegetablesWW roll w/ 1 tsp margarine1 Fresh Pear   | Thursday December 22 5oz Cranberry Maple Chicken1/3c Stuffing w/ 2oz LS Gravy1c Green Beans w/ onionsBiscuit w/ 1 tsp Margarine2oz 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 Dressing1/2c 5 way mixed Vegetables w/ 1 tsp margarine1/2c Peaches  | Wednesday December 28 6oz Frito Pie(2oz RC Sauce, 3oz Beef1oz Corn Chips, 1/2c Lettuce and tomato)1/2c LS Pinto Beans1c Corn Salad1/2c Fruit Cocktail  | Thursday December 293oz Pork Chop w/ 2oz LS Gravy1c Broccoli w/ Red Peppers w/ 1 tsp margarine1/2c Garden Salad w/ 1 TBSP Light DressingWW Roll w/ 1 tsp margarine3/4c Honeydew  | Friday December 303oz Top Round1/2c Red skin Mashed Potatoes w/ 2oz LS Gravy1c California Blend Vegetables w/ 1 tsp margarine1/2c Tossed Salad w/ 1 TBSP Light DressingWW Roll w/ 1 tsp margarine1/2c Cherry in Cobbler |

***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:****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