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| --- | --- | --- | --- | --- |
| 2% milk served at meals |  | WEDNESDAY 1Red Chile Beef Enchiladas(2 oz beef, 1oz cheese, 1 oz red Chile, 2 corn tortilla, 1/2c lettuce and tomato)1/2c LS Pinto Beans1/2c Zucchini 1/2c Fruit Cocktail | THURSDAY 2Pepper Steak (3oz meat, 2oz Sauce)1/2c Peppers & onions 1/2c LS Stewed Tomatoes1/2c Brown Rice1 vegetable egg roll 1/2c Pineapple tidbits1 Fortune Cookie | FRIDAY 3Chicken Pot Pie(3 oz. Chicken, 3oz Vegetables, 1 oz Sauce, 1 oz Crust)1c Green Salad w/ 2 tbsp FF Ranch dressing1c Fruit Salad |
| MONDAY 63 oz LS Herbed Baked Tilapia w/ 2 TBSP Tartar Sauce3/4c Wild and Brown Rice1/2c Sliced Carrots1c Coleslaw w/2 tbsp dressing1c Strawberries1 slice SF Angel Food Cake | TUESDAY 74 oz Salisbury Steak w/2 oz Gravy1/2c LS Mashed Potatoes1/2c Mushrooms1 WW Roll 3/4c Apricots | WEDNESDAY 8Spaghetti W /Meaty MarinaraSauce(1/2c Spaghetti, 3 oz ground beef, 2 oz NAS sauce)1/2c Green Beans1c Green Salad w/2 tbsp LS Italian dressing1 Garlic Knot1 Fresh Pear  | THURSDAY 91c LS Diced Ham, Peppers & Bean Soup(1oz LS ham, 1/4c peppers, 1/2c Beans, 1/4c LS Broth)1c Spinach W/ Onions1 slice LF Cornbread1 Oatmeal cookie  | FRIDAY 10**CLOSED****VETERAN”S DAY** |
| MONDAY 13Chicken Fajitas (3oz chicken, 3/4c Peppers and onions, 1 6in flour Tortilla, 2 TBSP Salsa)1/2c LS Pinto Beans1/3c Calabacitas 1c Grapes | TUESDAY 14Fish Sandwich (3 oz catfish, WW Bun)2 TBSP slice Tartar Sauce1c Capri Vegetables3/4c Apple slices | WEDNESDAY 153oz Boneless Lean LS pork chops 1/2c Herb Roasted Potatoes 1c Vegetable Medley Wheat roll 1/2c Tropical fruit salad  | THURSDAY 163 oz Oven Roasted Turkey Breast2 oz LS Gravy1/4c Stuffing1/2c LS Mashed Potatoes3/4c Green Beans 1/3c Cranberry Sauce1 WW Roll w/1 tsp margarine1/2c Pumpkin in Pie | FRIDAY 17Beef and Broccoli Stir Fry(3 oz beef, 1/2c Broccoli, 1/2c Asian Stir Fry)1c Brown Rice1 Vegetable Egg Roll1c Mandarin Oranges & Pineapple Chunks |
| MONDAY 20BBQ Beef Sandwich(3 oz Lean LS Brisket ,2 TBSP BBQ sauce, 1WW bun)1/2c LS Baked Beans1c Coleslaw w/2 tbsp dressing1c Cantaloupe | TUESDAY 213oz Baked Chicken 3/4c LS Brown Rice Pilaf w/ 1/2 Leeks w/ 1 tsp margarine1c California blend vegetables 1 WW Roll 3/4c mixed fruit  | WEDNESDAY 22Swedish Meatballs Over Noodles(3 oz meatballs, 1/2c pasta, 1oz Sauce)1c Italian VegetableWheat roll 1/2c Spiced Peaches | **THURSDAY 23****CLOSED THANKSGIVING** | FRIDAY 24**CLOSED**  |
| MONDAY 27Turkey Sandwich(3oz Turkey, 1oz Swiss Cheese, 2 slices wheat bread, 1/2c romaine lettuce, 2 slices tomato)1c Pasta Salad(1/2c Pasta, 1/2c vegetables)1/2c Brussel Sprouts 3/4c Fruit Salad | TUESDAY 28Frito Pie(3 oz Lean beef, 2 oz red Chile, 1 oz corn chips)1/2c LS pinto beans)1/2c Spanish Slaw1/2c Cherries in Cobbler | WEDNESDAY 29Tuna Casserole W/ Peas(3 oz tuna, 1/4c peas, 1/3c Pasta)1c Tossed Salad w/ 2 TBSP FF ranch Dressing4 LS WW Crackers1/2c Pears  | THURSDAY 30Chile Relleno(1oz batter, 1 pepper, 1oz Cheese)1/2c LS Pinto Beans1/2c LS Spanish Rice1c Chateau Blend Vegetables1/2 c SF Gelatin w/ 1/2c Berries  | FRIDAY |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:****3** | **Days in Week:****4** | **Days in Week:****5** | **Days in Week:****3** | **Days in Week:****4** |
| Calories | 700 or more | 725.3 | 709.9 | 799.6 | 781.0 | 701.3 |
| % Carbohydrates from Calories | 45-55% | 51.0 | 50.2 | 50.6 | 50.4 | 53.6 |
| % Protein from Calories | 15-25% | 23.0 | 21.8 | 22.3 | 22.4 | 20.1 |
| % Fat from Calories | 25-35% | 26.0 | 28.0 | 27.1 | 27.2 | 26.3 |
| Saturated Fat | less than 8g | 8.0 | 8.0 | 8.0 | 7.9 | 7.9 |
| Fiber | 10g or more | 11.3 | 11.1 | 10.0 | 10.3 | 13.6 |
| Vitamin B-12 | .8ug or more | 3.0 | 3.2 | 2.5 | 2.9 | 2.3 |
| Vitamin A | 300ug RAE or more | 441.2 | 660.0 | 364.5 | 513.9 | 444.3 |
| Vitamin C | 30mg or more | 43.2 | 52.6 | 52.1 | 53.5 | 75.8 |
| Iron | 2.6mg or more | 5.3 | 5.7 | 4.8 | 4.4 | 5.1 |
| Calcium | 400mg or more | 463.8 | 472.4 | 442.4 | 473.7 | 590.2 |
| Sodium | less than 766mg | 631.8 | 627.8 | 672.1 | 748.2 | 760.0 |

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