|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2% milk served at meals |  | WEDNESDAY 1  Red Chile Beef Enchiladas  (2 oz beef, 1oz cheese, 1 oz red Chile, 2 corn tortilla, 1/2c lettuce and tomato)  1/2c LS Pinto Beans  1/2c Zucchini  1/2c Fruit Cocktail | THURSDAY 2  Pepper Steak  (3oz meat, 2oz Sauce)  1/2c Peppers & onions  1/2c LS Stewed Tomatoes  1/2c Brown Rice  1 vegetable egg roll  1/2c Pineapple tidbits  1 Fortune Cookie | FRIDAY 3  Chicken Pot Pie  (3 oz. Chicken, 3oz Vegetables, 1 oz Sauce,  1 oz Crust)  1c Green Salad w/ 2 tbsp FF Ranch dressing  1c Fruit Salad |
| MONDAY 6  3 oz LS Herbed Baked Tilapia  w/ 2 TBSP Tartar Sauce  3/4c Wild and Brown Rice  1/2c Sliced Carrots  1c Coleslaw w/2 tbsp dressing  1c Strawberries  1 slice SF Angel Food Cake | TUESDAY 7  4 oz Salisbury Steak  w/2 oz Gravy  1/2c LS Mashed Potatoes  1/2c Mushrooms  1 WW Roll  3/4c Apricots | WEDNESDAY 8  Spaghetti W /Meaty Marinara  Sauce  (1/2c Spaghetti, 3 oz ground beef, 2 oz NAS sauce)  1/2c Green Beans  1c Green Salad w/2 tbsp LS Italian dressing  1 Garlic Knot  1 Fresh Pear | THURSDAY 9  1c LS Diced Ham, Peppers & Bean Soup  (1oz LS ham, 1/4c peppers, 1/2c Beans, 1/4c LS Broth)  1c Spinach W/ Onions  1 slice LF Cornbread  1 Oatmeal cookie | FRIDAY 10  **CLOSED**  **VETERAN”S DAY** |
| MONDAY 13  Chicken Fajitas  (3oz chicken, 3/4c Peppers and onions, 1 6in flour Tortilla, 2 TBSP Salsa)  1/2c LS Pinto Beans  1/3c Calabacitas  1c Grapes | TUESDAY 14  Fish Sandwich  (3 oz catfish, WW Bun)  2 TBSP slice Tartar Sauce  1c Capri Vegetables  3/4c Apple slices | WEDNESDAY 15  3oz Boneless Lean LS pork chops  1/2c Herb Roasted Potatoes  1c Vegetable Medley  Wheat roll  1/2c Tropical fruit salad | THURSDAY 16  3 oz Oven Roasted Turkey Breast  2 oz LS Gravy  1/4c Stuffing  1/2c LS Mashed Potatoes  3/4c Green Beans  1/3c Cranberry Sauce  1 WW Roll w/1 tsp margarine  1/2c Pumpkin in Pie | FRIDAY 17  Beef and Broccoli Stir Fry  (3 oz beef, 1/2c Broccoli, 1/2c Asian Stir Fry)  1c Brown Rice  1 Vegetable Egg Roll  1c Mandarin Oranges & Pineapple Chunks |
| MONDAY 20  BBQ Beef Sandwich  (3 oz Lean LS Brisket ,2 TBSP BBQ sauce, 1WW bun)  1/2c LS Baked Beans  1c Coleslaw w/2 tbsp dressing  1c Cantaloupe | TUESDAY 21  3oz Baked Chicken  3/4c LS Brown Rice Pilaf w/ 1/2 Leeks w/ 1 tsp margarine  1c California blend vegetables  1 WW Roll  3/4c mixed fruit | WEDNESDAY 22  Swedish Meatballs  Over Noodles  (3 oz meatballs, 1/2c pasta, 1oz Sauce)  1c Italian Vegetable  Wheat roll  1/2c Spiced Peaches | **THURSDAY 23**  **CLOSED THANKSGIVING** | FRIDAY 24  **CLOSED** |
| MONDAY 27  Turkey 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 28  Frito Pie  (3 oz Lean beef, 2 oz red Chile, 1 oz corn chips)  1/2c LS pinto beans)  1/2c Spanish Slaw  1/2c Cherries in Cobbler | WEDNESDAY 29  Tuna Casserole W/ Peas  (3 oz tuna, 1/4c peas, 1/3c Pasta)  1c Tossed Salad w/ 2 TBSP  FF ranch Dressing  4 LS WW Crackers  1/2c Pears | THURSDAY 30  Chile Relleno  (1oz batter, 1 pepper, 1oz Cheese)  1/2c LS Pinto Beans  1/2c LS Spanish Rice  1c Chateau Blend Vegetables  1/2 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