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| **1c 2% LF MILK SERVED WITH EACH MEAL** |  |  | **Thursday 1**  **Meatball Stew**  **(3 oz. Beef, 1/2c Veggies & Potatoes, 1 oz Low Sodium Gravy)**  **1c Garden Salad w/2T LF Dressing**  **1 WW Roll w/1 tsp. Margarine**  **1/2c Fresh Grapes** | **Friday 2**  **RC Bean & Cheese Enchilada**  **(1/2c Beans, 1 oz. Cheese,**  **1/4c Red Chile, 2 Corn Tortillas)**  **1/2c Steamed Zucchini/Onions**  **1/2c Spanish Rice**  **1/2c Shredded Lettuce/Tomatoes**  **1/2c Chilled Mandarin Oranges** |
| **Monday 5**  **3 oz. Country Fried Steak**  **1/2c Mashed Potatoes &**  **1 oz. Low Sodium Gravy**  **1/2c Steamed Mixed Veggies**  **1 Biscuit w/1 tsp. Margarine 1/2c Chilled Apricots** | **Tuesday 6**  **1/2c Tuna Salad on 1 Croissant Sandwich**  **w/1/2c Lettuce, Tomato, Pickle Spear**  **1c Pasta Salad w/ Veggies**  **(1/2c Pasta, 1/2c Veggies)**  **1/2c Fresh Melon**  **1/2c SF Jell-o** | **Wednesday 7**  **4 oz. General Tso’s Chicken**  **1/2c Steamed Rice**  **1/2c Steamed Broccoli & Cauliflower**  **1 Sweet Roll w/1 tsp. Margarine**  **1/2c Chilled Peaches**  **1 Fortune Cookie** | **Thursday 8**  **Beef and Cheese Soft Tacos**  **(3 oz. Beef, 1 oz. Cheese,**  **2 Corn Tortillas)**  **1/2c Pinto Beans**  **1/2c Chuckwagon Corn**  **1/2c Shredded Lettuce/Diced Tomatoes**  **1/2c Chilled Fruit Cocktail** | **Friday 9**  **3 oz. Tortilla Crusted Tilapia**  **1/2c Roasted Herbed Potatoes**  **1/2c Steamed Carrots**  **1/2c Coleslaw**  **1 WW Roll w/1 tsp. Margarine**  **1/2c Chilled Applesauce** |
| **Monday 12**  **Shepherd’s Pie**  **(3oz. Beef, 1 oz. Low Sodium Gravy, 1/2c Mased Potatoes)**  **1/2c Steamed Peas**  **1 WW Roll w/1 tsp. Margarine**  **1/2c Chilled Fruit Cocktail** | **Tuesday 13**  **Breakfast Scramble w/3 med. Eggs, 1 oz. LS Ham, 1/4c Rice, 1/4c Beans, 1 oz. Cheese,**  **1/4c GC Gravy**  **1/2c Shredded Lettuce, Tomatoes**  **1 Flour Tortilla**  **1 Fresh Banana/1c Fruit Juice** | **Wednesday 14**  **4 oz. Meatloaf**  **1/2c Mashed Potatoes and**  **1 oz. Low Sodium Gravy**  **1/2c Steamed Mixed Veggies**  **1 Biscuit w/1 tsp. Margarine**  **1 Fresh Orange** | **Thursday 15**  **3 oz. Savory Chicken**  **1/2c Staffing w/**  **1 oz. Low Sodium Gravy**  **1/2c Steamed Green Beans**  **1c Garden Salad w/2T LF Dressing**  **1 WW Roll w/1 tsp. Margarine**  **1/2c Chilled Peaches** | **Friday 16**  **3 oz. Roasted Pork Loin w/**  **1 oz. Au Jus**  **1/2c Garlic Mashed Potatoes**  **1/2c Steamed Broccoli**  **1 WW Roll w/1 tsp. Margarine**  **1/2c Chilled Applesauce** |
| **Monday 19**  **Breaded Chicken Sandwich**  **(3 oz. Chicken, 1/2c Lettuce, Tomato, Pickle Spear, 1 Bun)**  **1/2c Pork and Beans**  **1/2c Steamed Green Beans**  **1/2c Chilled Peaches** | **Tuesday 20**  **1 oz. Chef’s Salad w/1 oz. Turkey, 1oz. LS Ham, 1c Lettuce & Tomato, 1 oz. Cheese, 1 HB Egg, 2T Low Fat Dressing**  **4 Club Crackers**  **1/2c Chilled Fruit Cocktail**  **1 sl. Cake w/Whipped Topping** | **Wednesday 21**  **4 oz. Swedish Meatballs**  **over 1/2c Fettuccine**  **1c Garden Salad w/**  **2T LF Dressing**  **1/2c Steamed Cauliflower**  **1 Garlic Breadstick**  **1/2c Chilled Pineapple** | **Thursday 22**  **Frito Pie**  **(3 oz. Beef, 1/4c Red Chile,**  **1 oz Fritos)**  **1/2c Chuckwagon Corn**  **1/2c Shredded Lettuce/Diced Tomatoes**  **1 Flour Tortilla**  **1/2c Fresh Cantaloupe** | **Friday 23**  **GC Chicken Lasagna**  **(3 oz. Chicken, 1 oz. Cheese, 1/4c Green Chile,**  **1/2c Noodles)**  **1/2c Steamed Italian Veggies**  **1 Garlic Breadstick**  **1 Fresh Banana** |
| **Monday 26**  **3 oz. Salisbury Steak w/**  **1 oz. Mushroom Gravy**  **1/2c Mashed Potatoes**  **1/2c Steamed Cabbage**  **1 Biscuit w/1 tsp. Margarine**  **1/2c Chilled Peaches** | **Tuesday 27**  **4 oz. Sweet and Sour Pork**  **1/2c Asian Noodles**  **1c Steamed Broccoli & Carrots**  **1 Sweet Roll w/**  **1 tsp. Margarine**  **1 Fortune Cookie** | **Wednesday 28**  **4 oz. BBQ Chicken Breast**  **1/2c Baked Beans**  **1/2c Steamed Corn**  **1 WW Roll w/1 tsp. Margarine**  **1 Fresh Orange** | **Thursday 29**  **Tropical Chicken Pasta Salad**  **w/ (3 oz. Chicken, 1c Mandarin Oranges, Pineapple, Cranberries, Grn. Onion, Celery)**  **1 WW Roll w/1 tsp. Margarine**  **1 Fresh Banana** | **Friday 30**  **BBQ Rib Sandwich**  **(3 oz. Pork, 1 oz. BBQ Sauce,**  **1 Bun)**  **1/2c Potato Wedges**  **1/2c Steamed Peas**  **1/2c Coleslaw**  **1/2c Chilled Pears** |

***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:**  **5** | **Days in Week:**  **5** |
| Calories | 700 or more | 764 | 708.9 | 744.8 | 749.1 | 725.7 |
| % Carbohydrates from Calories | 45-55% | 55.3% | 48.6% | 48.5% | 48.8% | 49% |
| % Protein from Calories | 15-25% | 19.5% | 22.7% | 21.6% | 25% | 22.9% |
| % Fat from Calories | 25-35% | 25.2% | 28.6% | 29.9% | 26.2% | 28.1% |
| Saturated Fat | less than 8g | 6.4g | 6.3g | 7.4g | 6.9g | 6g |
| Fiber | 10g or more | 15.9g | 11.7g | 11.5g | 10.1g | 12g |
| Vitamin B-12 | .8ug or more | 2.5ug | 2.6ug | 2.5ug | 2.5ug | 2ug |
| Vitamin A | 300ug RAE or more | 898.2ug | 642.5ug | 508.7ug | 605.5ug | 407.7ug |
| Vitamin C | 30mg or more | 108.6mg | 43.6mg | 61.5mg | 79mg | 73.5mg |
| Iron | 2.6mg or more | 6.3mg | 5.1mg | 5.5mg | 6.6mg | 4.4mg |
| Calcium | 400mg or more | 564.7mg | 435.5mg | 449.8mg | 507.4mg | 407.7mg |
| Sodium | less than 766mg | 481.4mg | 609.9mg | 662.6mg | 570mg | 520mg |

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.

Jennifer Pas, RD, LD