|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **All Meals Served With** **1c 2% Low-Fat Milk** |  |  | **THURSDAY 1, 2021**3 oz Liver & Onions½ c Mashed Potatoes w/  ¼ Gravy½ c Broccoli Florets ½ c Tossed Salad1 ea. WW Roll½ c Cherry Jell-O w/ ½ c Fruit | **FRIDAY 2, 2021**¾ c Spinach Lasagna, 3oz Cheese1 c Peas & Pearl Onions½ c Tossed Salad1 ea. Garlic Bread¾ c Assorted Fruit |
| **MONDAY 5, 2021**1 c Goulash (3oz. Beef)1 c Green Beans & Onions1 ea. WW Roll¾ c Fruit Compote | **TUESDAY 6, 2021**3 oz Pork Chops w/ ½ c Stuffing1 c Candied Carrots with Onions1 ea. WW Roll½ c Orange Jell-O w/ ½ c. Fruit | **WEDNESDAY 7, 2021**¾ c Green Chili (3oz Chicken) Enchilada½ c Pinto Beans½ c Tossed Salad1-6’’ Tortilla½ c Mandarin Oranges | **THURSDAY 8, 2021**3 oz Baked Fish w/ ½ c Rice¾ c California Blend Vegetables½ c Tossed Salad1 ea. WW Roll1 ea. Pound Cake/  ¼ Strawberries1 Tbsp. Whipped Topping | **FRIDAY 9, 2021**¼ c Green Chili, 1 sl Cheese, 3 oz Burger, 1 WW Bun½ Lettuce/Tomato ½ c Onion/Pickle1-Tsp. Mustard / 1-Tsp. Mayo 12 ea. Sweet Potato Fries¾ c Peaches |
| **MONDAY 12, 2021**1 c (3oz Chicken) Fettuccine Alfredo1 c Italian Vegetables1 ea. Garlic Bread¾ c Assorted Fruit | **TUESDAY 13, 2021**3oz Baked Ham½ c Sweet Potatoes½ c Peas & Carrots½ c Tossed Salad w/  1-Tbsp Dressing1 ea. WW Roll¾ c Cinnamon Apples | **WEDNESDAY 14, 2021**1 c (3oz Pork) Posole1 c Capri Vegetables6 ea. Crackers¾ c Fruit Compote | **THURSDAY 15, 2021**3oz Roast Beef½ c Mashed Potato w/  ¼ c Gravy½ c Winter Blend Vegetables½ c Tossed Salad1 ea. WW Roll½ c- (½ c Peach) Cobbler | **FRIDAY 16, 2021**Grilled (3 oz Chicken) 1 ea Bun½ c Lettuce/Tomato/1- Tsp. Mayo10 ea. French Fries½ c Coleslaw 1 ea. Oatmeal Cookie½ c Apricots |
| **MONDAY 19, 2021**3 oz Hamburger St. w/  ¼ c Gravy½ c Brown Rice1 c Peas & Onions1 ea. WW Roll¾ c Banana/Mandarin Oranges | **TUESDAY 20, 2021**3 oz Lemon Pepper Chicken½ c Parsley Potatoes½ c Spinach½ c Tossed Salad w/ 1 Tbsp. Dressing1 ea. WW Roll¾ c Applesauce | **WEDNESDAY 21, 2021**1c-3oz Beef & ½ c Bean Chili Verde  ¼ c Red Bell pepper, ¼ c Onion  ½ c Tossed Salad w/ 1 Tbsp. Dressing2x2 Cornbread½ c Plums  | **THURSDAY 22, 2021**3 oz Pork Loin½ c Mashed Potatoes w/ ¼ c Gravy1 c Peas1 ea. WW Roll1 ea. Pound Cake/ ¼ c Cherries1 Tbsp. Whipped Topping | **FRIDAY 23, 2021**3 oz Tuna, 2 sl WW Bread Sandwich½ c Lettuce/Tomatoes½ c Coleslaw¾ c Tropical Fruit1 ea. Peanut Butter Cookie |
| **MONDAY 26, 2021**3-1 oz Chicken Tenders½ c Mashed Potatoes w/  ¼ c Gravy1 c Mixed Vegetables1 ea. WW Roll½ c Pears | **TUESDAY 27, 2021**3oz Beef Tips(¼ c Bell Pepper, ¼ c Onion)½ c Noodles¾ c Winter Blend Vegetables1 ea. WW Roll¾ c Peaches | **WEDNESDAY 28, 2021**3oz Chicken, ¾ c Fajitas Blend ½ c Pinto Beans½ c Tossed Salad w/  1 Tbsp Dressing1-6’’ Tortilla½ c Rice Pudding w/Cinnamon | **THURSDAY 29, 2021**3oz Meat Loaf½ c Mashed Potato w/  ¼ c Gravy1 c Chuck Wagon Corn1 ea. WW Roll½ c Fruit Cocktail | **FRIDAY 30, 2021**3 oz BBQ Pork, 1 WW Bun Sandwich1 c Carrots12ea. Sweet Potato Fries¾ c Banana/Strawberries |

***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:****5** | **Days in Week:****5** |
| Calories | 700 or more | 726.8 | 741.7 | 729 | 762.5 | 706.4 |
| % Carbohydrates from Calories | 45-55% | 48.2% | 50.2% | 50.8% | 50.4% | 51.1% |
| % Protein from Calories | 15-25% | 22.4% | 23.6% | 23.1% | 23.2% | 22.1% |
| % Fat from Calories | 25-35% | 29.3% | 25.9% | 26% | 26.3% | 26.6% |
| Saturated Fat | less than 8g | 7.5g | 7.8g | 7g | 7.6g | 7.2g |
| Fiber | 10g or more | 12.4g | 12.3g | 11.4g | 13.8g | 12.9g |
| Vitamin B-12 | .8ug or more | 11.7ug | 2.8ug | 1.9ug | 3ug | 2.3ug |
| Vitamin A | 300ug RAE or more | 1962.1ug | 786.9ug | 776.7ug | 460.4ug | 623.3ug |
| Vitamin C | 30mg or more | 84.3mg | 69.2mg | 107mg | 103.4mg | 81.9mg |
| Iron | 2.6mg or more | 6.1mg | 5.5mg | 5.1mg | 7.6mg | 4.8mg |
| Calcium | 400mg or more | 474.2mg | 513.7mg | 454.3mg | 490.4mg | 445mg |
| Sodium | less than 766mg | 741.1mg | 736.8mg | 642.3mg | 563.1mg | 730.8mg |

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