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| --- | --- | --- | --- | --- |
| **All Meals Served With**  **1c 2% Low-Fat Milk** |  |  | **THURSDAY 1, 2021**  3 oz Liver & Onions  ½ c Mashed Potatoes w/  ¼ Gravy  ½ c Broccoli Florets  ½ c Tossed Salad  1 ea. WW Roll  ½ c Cherry Jell-O w/ ½ c Fruit | **FRIDAY 2, 2021**  ¾ c Spinach Lasagna, 3oz Cheese  1 c Peas & Pearl Onions  ½ c Tossed Salad  1 ea. Garlic Bread  ¾ c Assorted Fruit |
| **MONDAY 5, 2021**  1 c Goulash (3oz. Beef)  1 c Green Beans & Onions  1 ea. WW Roll  ¾ c Fruit Compote | **TUESDAY 6, 2021**  3 oz Pork Chops w/ ½ c Stuffing  1 c Candied Carrots with Onions  1 ea. WW Roll  ½ c Orange Jell-O w/ ½ c. Fruit | **WEDNESDAY 7, 2021**  ¾ c Green Chili (3oz Chicken) Enchilada  ½ c Pinto Beans  ½ c Tossed Salad  1-6’’ Tortilla  ½ c Mandarin Oranges | **THURSDAY 8, 2021**  3 oz Baked Fish w/ ½ c Rice  ¾ c California Blend Vegetables  ½ c Tossed Salad  1 ea. WW Roll  1 ea. Pound Cake/  ¼ Strawberries  1 Tbsp. Whipped Topping | **FRIDAY 9, 2021**  ¼ c Green Chili, 1 sl Cheese, 3 oz Burger, 1 WW Bun  ½ Lettuce/Tomato ½ c Onion/Pickle  1-Tsp. Mustard / 1-Tsp. Mayo  12 ea. Sweet Potato Fries  ¾ c Peaches |
| **MONDAY 12, 2021**  1 c (3oz Chicken) Fettuccine Alfredo  1 c Italian Vegetables  1 ea. Garlic Bread  ¾ c Assorted Fruit | **TUESDAY 13, 2021**  3oz Baked Ham  ½ c Sweet Potatoes  ½ c Peas & Carrots  ½ c Tossed Salad w/  1-Tbsp Dressing  1 ea. WW Roll  ¾ c Cinnamon Apples | **WEDNESDAY 14, 2021**  1 c (3oz Pork) Posole  1 c Capri Vegetables  6 ea. Crackers  ¾ c Fruit Compote | **THURSDAY 15, 2021**  3oz Roast Beef  ½ c Mashed Potato w/  ¼ c Gravy  ½ c Winter Blend Vegetables  ½ c Tossed Salad  1 ea. WW Roll  ½ c- (½ c Peach) Cobbler | **FRIDAY 16, 2021**  Grilled (3 oz Chicken) 1 ea Bun  ½ c Lettuce/Tomato/1- Tsp. Mayo  10 ea. French Fries  ½ c Coleslaw  1 ea. Oatmeal Cookie  ½ c Apricots |
| **MONDAY 19, 2021**  3 oz Hamburger St. w/  ¼ c Gravy  ½ c Brown Rice  1 c Peas & Onions  1 ea. WW Roll  ¾ c Banana/Mandarin Oranges | **TUESDAY 20, 2021**  3 oz Lemon Pepper Chicken  ½ c Parsley Potatoes  ½ c Spinach  ½ c Tossed Salad w/ 1 Tbsp. Dressing  1 ea. WW Roll  ¾ 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. Dressing  2x2 Cornbread  ½ c Plums | **THURSDAY 22, 2021**  3 oz Pork Loin  ½ c Mashed Potatoes w/  ¼ c Gravy  1 c Peas  1 ea. WW Roll  1 ea. Pound Cake/ ¼ c Cherries  1 Tbsp. Whipped Topping | **FRIDAY 23, 2021**  3 oz Tuna, 2 sl WW Bread Sandwich  ½ c Lettuce/Tomatoes  ½ c Coleslaw  ¾ c Tropical Fruit  1 ea. Peanut Butter Cookie |
| **MONDAY 26, 2021**  3-1 oz Chicken Tenders  ½ c Mashed Potatoes w/  ¼ c Gravy  1 c Mixed Vegetables  1 ea. WW Roll  ½ c Pears | **TUESDAY 27, 2021**  3oz Beef Tips  (¼ c Bell Pepper, ¼ c Onion)  ½ c Noodles  ¾ c Winter Blend Vegetables  1 ea. WW Roll  ¾ c Peaches | **WEDNESDAY 28, 2021**  3oz Chicken, ¾ c Fajitas Blend  ½ c Pinto Beans  ½ c Tossed Salad w/  1 Tbsp Dressing  1-6’’ Tortilla  ½ c Rice Pudding w/Cinnamon | **THURSDAY 29, 2021**  3oz Meat Loaf  ½ c Mashed Potato w/  ¼ c Gravy  1 c Chuck Wagon Corn  1 ea. WW Roll  ½ c Fruit Cocktail | **FRIDAY 30, 2021**  3 oz BBQ Pork, 1 WW Bun Sandwich  1 c Carrots  12ea. Sweet Potato Fries  ¾ c Banana/Strawberries |

***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 | 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