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| **All Meals Served With 8 oz.****1% Low-Fat Milk** |  |  | **THURSDAY 1, 2021****Red Beef Enchiladas****(3 oz Beef, 1 oz. Cheese,** **1/4c Red Chile, 2 Corn Tortillas)****1/2c Lettuce & Tomato****1/2c Corn Salsa****1/2c Pinto Beans****1/2c Mixed Fruit** | **FRIDAY 2, 2021****GOOD FRIDAY****Fish Platter** **1 oz. Cod, 1 oz. Cat Fish Nugget, 1 oz. Shrimp****1/2c Coleslaw****1/2c Green Beans****1c Rice Pilaf****1/2c Mandarin Oranges** |
| **MONDAY 5, 2021****Pepper Steak****(3 oz. Beef, 1/2c Peppers** **& Onion)****1c Steamed Rice****1/2c Brussel Sprouts****1 sl. Cornbread w/** **1 tsp. Margarine****1/2c Pears** | **TUESDAY 6, 2021****4 oz. BBQ Chicken Thigh****1/2c Country Vegetable Blend****1/2c Baked Beans****1 WW Roll w/** **1 tsp. Margarine****1/2c Peaches**  | **WEDNESDAY 7, 202****Ham & Beans****(2 oz. Low Sodium Ham,** **1 oz. Sauce, 1/2c Beans)** **1c Spinach & Mushrooms****1 Biscuit w/** **1 tsp. Margarine****1 sl. Cake** | **THURSDAY 8, 2021** **3 oz. Liver & 1/4c Onions** **1/2c Mashed Potatoes w/****1 oz. Low Sodium Gravy****1/2c Green Beans****1 WW Roll w/** **1 tsp. Margarine****1/2c Chunky Applesauce** | **FRIDAY 9, 2021****3 oz. Chicken Strips****1/2c Potato Wedges****1/2c Carrots****1 WW Roll** **w/** **1 tsp. Margarine****1 Oatmeal Cookie** |
| **MONDAY 12, 2021****Chicken Corn Casserole****(3 oz. Chicken, 1 oz. Sauce,** **1/2c Corn)****1/2c Glazed Carrots****1/2c Spinach****1 Biscuit w/** **1 tsp. Margarine****1 Orange** | **TUESDAY 13, 2021****4 oz. Beef Burgundy****1c Egg Noodles****1c Peas & Carrots****1 WW Roll w/** **1 tsp. Margarine****1/2c Spiced Apples** | **WEDNESDAY 14, 2021****4 oz. Hawaiian Pork****1c Steamed Rice****1c Oriental vegetables****1/2c Mandarin Oranges** | **THURSDAY 15, 2021****GCC Enchiladas****(3 oz. Chicken, 1 oz. Cheese,** **1/4c Green Chile,** **2 Corn Tortillas)****1/2c Lettuce & Tomato****1/2c Pinto Beans****6 Crackers****1/2c Plums** | **FRIDAY 16, 2021****Sloppy Joe****(3 oz. Beef, 1 oz Sauce, 1 Bun)****1/4c Pickle & Onion****1/2c French Fries****1/2c Chateau Blend Vegetables****1/2c Pears** **& Mandarin Oranges** |
| **MONDAY 19, 2021****Beef Fajitas****(3 oz. Beef, 1/2c Peppers & Onion, 1 Tortilla)****1/2c Lettuce & Tomatoes****1/2c Pinto Beans****1/2c Apricots** | **TUESDAY 20, 2021****4 oz. Pork Chop Suey****1c Steamed Rice****1c Emperors Stir Fry****1/2c Cantaloupe****1/2c Yogurt** | **WEDNESDAY 21, 2021****Chili Beans****(1/2c Beans, 1 oz. Cheese,** **1/4c Red Chile)****1/2c Cole Slaw****1/2c Chuckwagon Vegetables****1 sl. Cornbread w/** **1 tsp. Margarine****1/2c Tapioca Pudding** | **THURSDAY 22, 2021****4 oz. Meatloaf****1c Parsley Mashed Potatoes****w/1 oz. Low Sodium Gravy****1/2c Brussels Sprouts****1 WW Roll w/** **1 tsp. Margarine****1/2c Blueberries in 1/4c Cobbler** | **FRIDAY 23, 2021****1/2c Spaghetti &** **4 oz. Meatballs**  **1c Green Salad w/****2T Low Fat Dressing** **1/2c Italian Vegetables****1 sl. Garlic Bread****1/2c Pineapple Tidbits** |
| **MONDAY 26, 2021****Sour Cream Enchiladas****(3 oz. Cheese, 1T Sour Cream, 1/4c Green Chile,** **2 Corn Tortillas)****1/2c Lettuce & Tomato****1/2c Corn Salsa****1/2c Pinto Beans****1/2c Fruit Cocktail** | **TUESDAY 27, 2021****3 oz. Hamburger Steak w/****1 oz. Low Sodium Gravy****1/2c Sweet Potato****1/2c Monte Carlo Vegetables****1 Biscuit w/** **1 tsp. Margarine****1 Brownie** | **WEDNESDAY 28, 2021****King Ranch Chicken****(3 oz. Chicken, 1/4c Green Chile Sauce, 2 Corn Tortillas)****1/2c Lettuce & Tomato** **1/2c Black Beans****1 sl. Cornbread w/** **1 tsp. Margarine****1/2c Pears** | **THURSDAY 29, 2021****3 oz. Baked Pork Chop** **1/2c Roasted Potatoes w/Onions****1/2c Green Beans****1 WW Roll w/** **1 tsp. Margarine** **1/2c Chunky Applesauce** | **FRIDAY 30, 2021****Cheese Burger****(3 oz. Beef, 1 oz. Cheese,** **1 Bun, 1/2c Lettuce, Tomato, Onions)****1/2c Potato Salad****1/2c Baked Beans****1 Peanut Butter Cookie** |

***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 | 718.1 | 717.5 | 727.8 | 721.2 | 744.9 |
| % Carbohydrates from Calories | 45-55% | 48.3% | 50.2% | 49.6% | 50.1% | 49.2% |
| % Protein from Calories | 15-25% | 25.3% | 23.2% | 25% | 23.2% | 23.8% |
| % Fat from Calories | 25-35% | 26.4% | 26.6% | 25.3% | 26.7% | 27% |
| Saturated Fat | less than 8g | 6.8g | 5.9g | 6.4g | 6.8g | 7.8g |
| Fiber | 10g or more | 11.9g | 12g | 12.3g | 13.3g | 13.4g |
| Vitamin B-12 | .8ug or more | 2.9ug | 13.7ug | 2.2ug | 2.6ug | 2.4ug |
| Vitamin A | 300ug RAE or more | 452.6ug | 2142.6ug | 764ug | 526.3ug | 564.6ug |
| Vitamin C | 30mg or more | 101.1mg | 33.5mg | 73mg | 62.5mg | 71.4mg |
| Iron | 2.6mg or more | 5.1mg | 6.6mg | 5.8mg | 6mg | 5.7mg |
| Calcium | 400mg or more | 555.8mg | 443mg | 506.3mg | 513.3mg | 580.5mg |
| Sodium | less than 766mg | 431.7mg | 630.1mg | 475.8mg | 514.7mg | 549.5mg |

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