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| **All Meals Served With 8 oz.** **2% Low-Fat Milk** |  |  | THURSDAY 1, 2021  1/2c Summer Salad  3 oz. Turkey  1 Slice Bread  1c Mashed Potatoes w/  1 oz. Low Sodium Gravy  1c Squash With Corn  1 Apple | FRIDAY 2, 2021  1/2c Macaroni Salad  3 oz. Chicken Meat  1/2c Sliced Tomato  1/2c Cucumber  1 Whole Wheat Roll w/  1 tsp. Margarine  1/2c Cantaloupe |
| Monday 5, 2021  Closed Holiday | Tuesday 6, 2021  1/2c Spinach Salad W/ Egg  4 oz. Meatloaf  1/2c Mashed Potatoes  1/2c Broccoli  1 Whole Wheat Roll w/  1 tsp. Margarine  1/2c Yogurt With Fruit | Wednesday 7, 2021  1/2c Pea Salad  3 oz. Cornflake Chicken Breast  1/2c Stuffing  1/2c Mixed Vegetables  1 Whole Wheat Roll w/  1 tsp. Margarine  1/2c Diced Peaches | Thursday 8, 2021  1/2c Garden Salad w/  2T Low Fat Dressing  1 Cup Rigatoni  (3 oz. Meat, 1/2c Penne Pasta)  1/2c Cauliflower  1 Whole Wheat Roll w/  1 tsp. Margarine  1 Banana | Friday 9, 2021  1/2c Pineapple Coleslaw  3 oz. Pork Roast  1/2c Yam  1/2c Peas  1-Piece Cornbread  1/2c Diced Pears |
| Monday 12, 2021  1/2c Garden Salad w/  2T Low Fat Dressing  1 Cup Green Chile Meat  (3 oz. Meat 1/2c Potato & Veggies,  1 oz. Green Chile)  ½ Sup Sopa  1/2c Pinto Beans  1 Tortilla  1/2c Honey Dew Melon | Tuesday 13, 2021  1/2c Spinach Salad W/ Egg  3 oz. Roast Beef  1/2c Mashed Potatoes  1/2c Peas And Carrots  1 Whole Wheat Roll w/  1 tsp. Margarine  1 Orange | Wednesday 14, 2021  1/2c Garden Salad w/  2T Low Fat Dressing  Lasagna  (3 oz. Meat, 1 oz. Cheese,  1 oz. Sauce, 1/2c Noodles)  1/2c Brussel Sprouts  1 Whole Wheat Roll w/  1 tsp. Margarine  1/2c Apricots | Thursday 15, 2021  1/2c Garden Salad w/  2T Low Fat Dressing  3 oz. Oven Baked Chicken  1/2c Cornbread Stuffing  1/2c Baby Carrots  1 Whole Wheat Roll w/  1 tsp. Margarine  1/2c Cherry Crisp | Friday 16, 2021  1/2c Lettuce And Tomato  Meat Enchiladas  (3 oz. Beef, 1/4c Red Chile,  2 Corn Tortillas)  1/2c Spanish Rice  1/2c Pinto Beans  1/2c Sherbet |
| Monday 19, 2021  1/2c Summer Salad  4 oz. Beef Stroganoff  1/2c Rice  1/2c Green Beans  1 Whole Wheat Roll w/  1 tsp. Margarine  1 Banana | Tuesday 20, 2021  1/2c Spinach Salad W/ Egg  1/2c Sauce W/ 3 oz. Meat  1/2c Spaghetti  1/2c Italian Vegetables  1 Whole Wheat Roll w/  1 tsp. Margarine  1/2c Tropical Fruit | Wednesday 21, 2021  1/2c Garden Salad w/  2T Low Fat Dressing  Red Chile Meat  (3 oz. Beef, 1/4c Red Chile)  1/2c Sopa  1/2c Pinto Beans  1 Tortilla  1/2 Cup Pineapple | Thursday 22, 2021  1/2c Cucumber Salad  3 oz. Chicken W/  1T LS Teriyaki Sauce  1/2c Fried Rice  1/2c Oriental Vegetables  1 Whole Wheat Roll w/  1 tsp. Margarine  1/2c Blueberry Crisp | Friday 23, 2021  1/2c Potato Salad  3 oz. Beef W/ 1 oz. BBQ Sauce  1 Whole Wheat Roll w/  1 tsp. Margarine  1/2c Ranch Style Beans  1/2c Celery And Carrot Sticks  1/2c Fruit Salad |
| Monday 26, 2021  1/2c Pineapple Coleslaw  3 oz. Fish  1/2c Dill Potatoes  1/2c Asparagus  1 Whole Wheat Roll w/  1 tsp. Margarine  1/2c Apricots | Tuesday 27, 2021  1/2c Steamed Cabbage  Beef Stew  (3 oz. Meat, 1/2c Potato & Carrot, 1 oz. Sauce)  1/2c Broccoli W/ 1oz. Cheese  1-Piece Mexican Cornbread  1/2c Fruit Cocktail | Wednesday 28, 2021  1/2c Beet Salad  3 oz. Tuna  1/2c Tomato  1 Whole Wheat Roll  1 Oatmeal Cookie  1/2c Watermelon | Thursday 29, 2021  1/2c Spinach Salad W/ Egg  1 oz. Alfredo W/ 3 oz. Chicken  1/2c Penne Pasta  1/2c Mixed Vegetables  1 Whole Wheat Roll w/  1 tsp. Margarine  1-Piece Lemon Cake | Friday 30, 2021  1/2c Garden Salad w/  2T Low Fat Dressing  3 oz Pork W/  1 oz. Sweet And Sour Sauce  1/2c Egg Noodles  1/2c Oriental Vegetables  1 Whole Wheat Roll w/  1 tsp. Margarine  1 Banana |

***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:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** |
| Calories | 700 or more | 745.8 | 742.9 | 882.8 | 806.6 | 719.5 |
| % Carbohydrates from Calories | 45-55% | 51% | 48.3% | 51% | 50.3% | 46.1% |
| % Protein from Calories | 15-25% | 23.6% | 23.8% | 22.4% | 22.5% | 24.1% |
| % Fat from Calories | 25-35% | 25.4% | 27.9% | 26.6% | 27.1% | 29.8% |
| Saturated Fat | less than 8g | 5.1mg | 6.2g | 7.3g | 6.7g | 6.7g |
| Fiber | 10g or more | 10.2g | 13.3g | 14.4g | 13g | 10.1g |
| Vitamin B-12 | .8ug or more | 1.6ug | 2.8ug | 3.1ug | 3ug | 2.7ug |
| Vitamin A | 300ug RAE or more | 393.4ug | 561.3ug | 824.4ug | 630.6ug | 637.8ug |
| Vitamin C | 30mg or more | 44.4mg | 54.5mg | 96.2mg | 49.5mg | 47.8mg |
| Iron | 2.6mg or more | 4.3mg | 6.2mg | 8.5mg | 7.2mg | 5.6mg |
| Calcium | 400mg or more | 411.1mg | 445.2mg | 516.8mg | 434.2mg | 510.5mg |
| Sodium | less than 766mg | 490mg | 591mg | 555.8mg | 605.6mg | 610mg |

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