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| --- | --- | --- | --- | --- |
| **MONDAY 2, 2021**  **½ Cup Garden Salad w/ 2 Tbsp Ranch Dressing**  **1 Cup Picadillo w/ 3 oz. Meat**  **½ Cup Pinto Beans**  **1 Tortilla**  **½ Diced Peaches** | **TUESDAY 3, 2021**  **½ Cup Pea Salad**  **3 oz Roast Beef**  **½ Mashed Potatoes**  **½ Cup Carrots**  **1 Whole Wheat Roll**  **½ Cup Honey Dew** | **WEDNESDAY 4, 2021**  **½ Cup Garden Salad w/ 2 Tbsp Ranch Dressing**  **3 oz Chicken Parmesan**  **½ Cup Linguine**  **½ Cup Cauliflower**  **1 Whole Wheat Roll**  **1 Apple** | **THURSDAY 5, 2021**  **½ Cup Applesauce**  **3 oz Pork Chop**  **½ Baked Yam**  **½ Cup Winter Mix Vegetables**  **1 Piece Cornbread**  **1 Orange** | **FRIDAY 6, 2021**  **½ Cup Spinach Salad w/ 2 Tbsp Ranch Dressing**  **3 oz Curried Chicken**  **½ Cup Egg Noodles**  **½ Cup Brussel Sprouts**  **1 Dinner Roll**  **½ Cup Banana Pudding** |
| **MONDAY 9, 2021**  **½ Cup Garden Salad w/ 2 Tbsp Ranch Dressing**  **3 oz Ground Beef w/ 1 oz Frito Corn Chips**  **½ Cup Mixed Vegetables**  **1 Biscuit**  **½ Cup Plums** | **TUESDAY 10, 2021**  **3 oz Chicken Fajita**  **½ Cup Peppers and Onions**  **½ Cup Spanish Rice**  **½ Cup Pinto Beans**  **2 oz Pico de Gallo w/ avocado**  **1 Piece Marble Cake** | **WEDNESDAY 11, 2021**  **½ Cup Garden Salad w/ 2 Tbsp Ranch Dressing**  **4 oz Meat Lasagna**  **½ Cup Italian Vegetables**  **1 Whole Wheat Roll**  **1 Banana** | **THURSDAY 12, 2021**  **½ Cup Sunshine Salad**  **3 oz Chicken Salad w/ 1 Wheat Bun**  **½ Cup Tomatoes**  **1 oz Sun Chips**  **1 Orange**  **½ Cup Yogurt w/ 1/2c Fruit** | **FRIDAY 13, 2021**  **½ Cup Spinach Salad w/ 2 Tbsp Ranch Dressing**  **3 oz Roast Beef w/ 1 Slice of Bread**  **½ Cup Mashed Potatoes**  **½ Cup Squash w/ Corn**  **½ Cup Blueberry Crisp** |
| **MONDAY 16, 2021**  **½ Cup Spinach Salad w/ 2 Tbsp Ranch Dressing**  **1 Cup Chili Macaroni w/ 3 oz of Meat**  **½ Cup Mixed Vegetables**  **1 Whole Wheat Roll**  **1 Pear** | **TUESDAY 17, 2021**  **½ Cup Summer Salad**  **3 oz Chicken Marsala**  **½ Cup Penne Pasta**  **½ Cup Seasoned Spinach**  **1 Whole Wheat Roll**  **½ Cup Jello** | **WEDNESDAY 18, 2021**  **½ Cup Tomatoes**  **4 oz Meat Loaf**  **½ Cup Mashed Potatoes**  **½ Cup Carrots**  **1 Whole Wheat Roll**  **½ Cup Apricots** | **THURSDAY 19, 2021**  **½ Cup Lettuce & Tomato**  **3 oz Meat w/ Enchilada**  **½ Cup Spanish Rice**  **½ Cup Pinto Beans**  **1 Oatmeal Cookie** | **FRIDAY 20, 2021**  **½ Cup Garden Salad w/ 2 Tbsp Ranch Dressing**  **1 Cup Scalloped Potatoes w/ 3 oz Ham**  **½ Cup Green Beans**  **1 Whole Wheat Roll**  **1/2c Applesauce in 1 Piece Applesauce Cake** |
| **MONDAY 23, 2021**  **½ Cup Garden Salad w/ 2 Tbsp Ranch Dressing**  **3 oz Sweet and Sour Chicken**  **½ Cup Steamed Rice**  **½ Cup Oriental Vegetables**  **1 Whole Wheat Roll**  **1 Apple** | **TUESDAY 24, 2021**  **3/4 Cup Pasta Salad**  **(1/2c Pasta, 1/4c Veggies)**  **3 oz BBQ Pork Meat w/**  **1 Wheat Bun**  **½ Cup Ranch Beans**  **2 oz Sliced Onions**  **½ Cup Peach Cobbler** | **WEDNESDAY 25, 2021**  **½ Cup Beets Salad**  **3 oz Baked Chicken**  **½ Cup Poultry Dressing**  **½ Cup Asparagus**  **1 Wheat Roll**  **½ Cup Fruit Salad** | **THURSDAY 26, 2021**  **½ Cup Pea Salad**  **1 Cup Beef Tips w/ 3 oz Meat**  **½ Cup Egg Noodles**  **½ Cup Carrots**  **1 Wheat Roll**  **1 Peanut Butter Cookie** | **FRIDAY 27, 2021**  **½ Cup Tossed Salad w/ 2 Tbsp Ranch Dressing**  **1 Cup Red Chili w/ 3 oz Meat**  **½ Cup Sopa**  **½ Cup Pinto Beans**  **1 Tortilla**  **½ Cup Cantaloupe** |
| **MONDAY 30, 2021**  **½ Cup Summer Salad**  **1 Cup Chicken A La King w/ 3 oz Chicken**  **½ Cup Egg Noodles**  **½ Cup Mixed Vegetables**  **1 Wheat Roll**  **½ Cup Tropical Fruit** | **TUESDAY 31, 2021**  **½ Cup Spinach Salad w/ 2 Tbsp Ranch Dressing**  **3 oz Chicken Fried Steak**  **½ Cup Mashed Potatoes**  **½ Cup Peas and Carrots**  **1 Whole Wheat Roll**  **½ Cup Roasted Apples** |  |  | **All Meals Served With 8 oz.**  **1% Low-Fat Milk** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **2** |
| Calories | 700 or more | 783.9 | 816.3 | 773.3 | 797.3 | 786.3 |
| % Carbohydrates from Calories | 45-55% | 51% | 50.9% | 52.5% | 49.7% | 51.7% |
| % Protein from Calories | 15-25% | 22.7% | 23.4% | 20.4% | 24% | 20.5% |
| % Fat from Calories | 25-35% | 26.2% | 25.7% | 26.7% | 26.3% | 27.8% |
| Saturated Fat | less than 8g | 6.6g | 7.8g | 7.4g | 6.6g | 7g |
| Fiber | 10g or more | 11.4g | 11.7g | 11.3ug | 10.3g | 11.1g |
| Vitamin B-12 | .8ug or more | 2.3ug | 2.4ug | 2.3ug | 2ug | 2.3ug |
| Vitamin A | 300ug RAE or more | 478.3ug | 426.3ug | 556.9ug | 475.4ug | 705.7ug |
| Vitamin C | 30mg or more | 96.9mg | 87.1mg | 39.5mg | 55.6mg | 37.2mg |
| Iron | 2.6mg or more | 5.4mg | 5.9mg | 5.5mg | 5.7mg | 6.1mg |
| Calcium | 400mg or more | 466mg | 596.5mg | 549.3mg | 441.1mg | 493mg |
| Sodium | less than 766mg | 596.3mg | 680.1mg | 620.3mg | 680.2mg | 576.6mg |

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