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| --- | --- | --- | --- | --- |
| **MONDAY 1, 2021****3 oz. Pork Chop****1/2c Scalloped Potatoes****1/2c Broccoli Florets****1 Roll w/ 1 tsp. Margarine****1 Fresh Apple** | **TUESDAY 2, 2021****3 oz. Chicken Provencal****1/2c Tomato Topping****1/2c White Rice****1/2c Spinach & Onions****1 Roll w/ 1 tsp. Margarine****1/2c Mixed Fruit in 1/2c Jell-O** | **WEDNESDAY 3, 2021****1/2c Spaghetti with****4 oz. Meaty Marinara Sauce****1/2c Italian Veggies****1c Tossed Salad w/** **2T Low Fat Dressing****1 sl. Garlic Toast****1/2c SF Chocolate Pudding** | **THURSDAY 4, 2021****Beef & Potato Stew** **(3 oz. Beef, 1oz. Sauce, 1c Potato, Tomato, Carrots & Celery)****1/2c Mexican Rice****6 Crackers****1 Peanut Butter Cookie****1 Fresh Pear** | **FRIDAY 5, 2021****3 oz. Chicken Tenders****1 oz. Cream Gravy****1/2c French Fries****1/2c Coleslaw****1 Biscuit w/ 1 tsp. Margarine****1/2c SF Vanilla Ice Cream** |
| **MONDAY 8, 2021****4 oz. Creamy Chicken over****1/2c Spinach & Tomato, 1c Linguini****1/2c Buttered Carrots****1 Breadstick w/ 1 tsp. Margarine****1 Brownie** | **TUESDAY 9, 2021****4 oz. Pork Stir Fry****1c Fried Rice****1/2c Stir Fry Veggies****1/2c Cucumber & Tomato Salad****1 Roll w/ 1 tsp. Margarine****1/2c Mandarin Oranges** | **WEDNESDAY 10, 2021****3 oz. Chicken Fried Chicken****1/2c Mashed Potatoes****1 oz. Low Sodium Chicken Gravy****1/2c Asparagus****1 Roll w/ 1 tsp. Margarine****1/2c Tropical Fruit** | **THURSDAY 11, 2021****Chili Cheese Dog with****(1 oz. Frank, 1 oz. Cheese,** **2 oz. Meaty Red Chili, 1 Bun)****1c Mixed Veggies****1/2c Onion Rings****1 Fresh Orange** | **FRIDAY 12, 2021****3 oz. Low Sodium Baked Ham with****1 oz. Pineapple****1/2c Yams****1/2c Vegetable Medley****1 Roll w/ 1 tsp. Margarine****1/2c Pineapple Tidbits** |
| **MONDAY 15, 2021****4 oz. Sweet & Sour Chicken****1/2c Brown Rice****1c Asian Veggies****1 Egg Roll****1/2c Strawberries on 1 Shortcake** | **TUESDAY 16, 2021****Cabbage Roll****(3 oz. Beef, 1 oz Sauce,** **1/2c Cabbage)****1/2c Potatoes O’Brien****1/2c Mixed Veggies****1c Tossed Salad w/** **2T Low Fat Dressing****1 Roll w/ 1 tsp. Margarine****1/2c Tapioca Pudding** | **WEDNESDAY 17, 2021****ASH WEDNESDAY****3 oz. Baked Tilapia****1/2c Seasoned Rice****1c French Style Green Beans & Corn****1 Roll w/ 1 tsp. Margarine****1/2c Chilled Pears** | **THURSDAY 18, 2021****Open Face Turkey Sandwich****(3 oz. Turkey, 1 oz Low Sodium Turkey Gravy, 1 sl. Bread)****1/2c Bread Stuffing****1c Vegetable Medley****1/2c Cranberry Salad****1/2c Vanilla Pudding with Cinnamon** | **FRIDAY 19, 2021****Bean & Cheese Burrito****(1/2c Beans, 2 oz. Cheese, 1/4c Green Chile Sauce, 1 Tortilla)****1/2c Spanish Rice****1/2c Chuck Wagon Veggies****1/2c Chilled Apricots** |
| **MONDAY 22, 2021****3 oz Baked Chicken Breast****with 1/4c Mushroom Sauce****½ Baked Potato****1/2c Mixed Veggies****1 Roll w/ 1 tsp. Margarine****1 Lemon Bar** | **TUESDAY 23, 2021****Frito Pie with****(4 oz. Meaty Red Chile,** **1 oz. Fritos)****1/2c Pinto Beans****1/2c Mexicorn****6 Crackers****1/2c Rainbow Sherbet** | **WEDNESDAY 24, 2021****3 oz. Pork Roast****1/2c Mashed Potatoes****1 oz. Low Sodium Pork Gravy****1/2c California Veggies****1 Roll w/ 1 tsp. Margarine****1/2c Applesauce** | **THURSDAY 25, 2021****Chicken Cordon Bleu****(1 oz. Chicken, 1 oz. Cheese,** **1 oz. Low Sodium Ham)****1/2c Broccoli & Cauliflower****1/2c Potatoes Au Gratin****1 sl. Garlic Toast****1/2c Cherries in 1/2c Yogurt** | **FRIDAY 26, 2021****Creamy Green Chile****Vegetable Stew** **(2 oz. Cheese, 1/4c Green Chile, 1/4c Vegetables, 1/2c Diced Potatoes)****1c Black Beans****1 Tortilla****1/2c Chilled Peaches** |
|  |  |  |  | **All Meals Served With 8 oz.** **2% Low Fat Milk** |

***Nutrient Table***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 |
|  |  | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** |
| Calories | 700 or more | 731.9 | 724 | 781.3 | 785.1 |
| % Carbohydrates from Calories | 45-55% | 47.9% | 48.5% | 52.5% | 49.1% |
| % Protein from Calories | 15-25% | 22.9% | 22.9% | 21.7% | 24.2% |
| % Fat from Calories | 25-35% | 29.2% | 28.6% | 25.8% | 26.8% |
| Saturated Fat | less than 8g | 6.7g | 6.4g | 5.8g | 7.8g |
| Fiber | 10g or more | 10.2g | 10.6g | 14.3g | 13.7g |
| Vitamin B-12 | .8ug or more | 2.2ug | 1.9ug | 2ug | 2.2ug |
| Vitamin A | 300ug RAE or more | 542.5ug | 609.5ug | 614.5ug | 375.6ug |
| Vitamin C | 30mg or more | 39.6mg | 78.7mg | 67.6mg | 67mg |
| Iron | 2.6mg or more | 5.1mg | 5.3mg | 5.3mg | 5.4mg |
| Calcium | 400mg or more | 456.1mg | 458.4mg | 500.6mg | 571.2mg |
| Sodium | less than 766mg | 529.3mg | 710.7mg | 707.3mg | 664.6mg |

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