|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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