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| Light Italian Dressing used in analysis unless otherwise specified |  | Wednesday February 1 7 pcs Beef Ravioli(3 oz. Beef, 1/2c Pasta, 1/4c Marinara Sauce)1c California Veggies1/2c Spinach w/ 1 TBPP light Ranch Dressing1/4c Cucumber8 baby carrots5 cherry tomatoes1 sl. Garlic Toast1/2c Strawberries in 1/2c Vanilla Pudding | Thursday February 2 3 oz. Grilled Chicken Breastover 1/2c Garlic Noodles (1/2c Noodles, 1 TBSP olive oil, garlic)1/2c NAS French Style Green Beans1c Tossed Salad w/ 2T Low Fat Dressing1 Biscuit w/ 1 tsp. Margarine3/4c Hawaiian fruit cup-(banana, pineapple, orange, coconut) | Friday February 3 3 oz. Salisbury Steak1/2c Mashed Potatoes2oz. Brown Gravy w/ 1/4c Mushrooms3/4c Brussel Sprouts & Onions1 Wheat Roll w/ 1 tsp. Margarine1/2c Chilled Pears |
| Monday February 6 1% Milk 4 oz. BBQ Pork Patty(4oz pork patty, 2 TBSP LS Barbecue Sauce)1/2c LS Baked Beans1c Coleslaw w/ 2 TBSP Dressing1/2c Cucumber & Tomato Salad1 sl. Cornbread w/ 1 tsp. Margarine1/2c Fresh Grapes | Tuesday February 7 3 oz. Pork Chop1/2c Rice Pilaf1c 5 way vegetables 1 Wheat Roll w/ 1 tsp. Margarine1/2c Peaches in 1/4c Cottage Cheese | Wednesday February 8 1% Milk Red Chile Beef Enchiladas(3 oz. Beef, 1/4c Red Chile, 2 Corn Tortillas)1/2c Black Beans1/2c Green Beans1c Tossed Salad w/ 2T Light Dressing1 Fresh Orange | Thursday February 9 Breaded Chicken Sandwich(3 oz. Chicken, 1 Bun, 1/2c Lettuce & 2 slices Tomato)1c Pasta Salad (1/2c Pasta, 1/2c Vegetables)1/2c Celery & 8 baby carrots1 oz. Potato Chips1 Fresh Pear | Friday February 10 1% Milk Chicken Fajita(3 oz. Chicken, 1/2c Peppers & Onion, 1 6in Flour Tortilla)1/2c LS Refried Beans1/2c Squash &1/4c Corn1 Apple Turnover |
| Monday February 13 Ham & Cheese Sandwich(2 oz. Low Sodium Ham, 1 oz. Cheese, 2 sl. Wheat Bread, 1/2c Lettuce & 2 slices Tomato)10 NAS French Fries 3/4c LS Vegetable Soup1/2c Mixed Fruit  | Tuesday February 141% Milk 4oz. Turkey Roast2oz LS Turkey Gravy1/2c Asparagus, 1/2c Mushrooms1/2c Tossed Salad w/ 1 TBSP Light Dressing1 Wheat Roll w/ 1 tsp. Margarine | Wednesday February 15 Carne Adovada Burrito(3 oz. Pork, 2oz. Red Chile, 1/2c Lettuce & Tomato, 1 8in Tortilla)1/2c LS Refried Beans1c Zucchini and 1/2c NAS Diced Tomatoes3/4c Cantaloupe | Thursday February 16 1% Milk 4oz. Chicken Alfredo(3oz Chicken, 1oz Light Alfredo Sauce)1/2c Fettuccine Noodles1c Broccoli & Cauliflower1 sl. Garlic Bread1/2c Chilled Apricots | Friday February 17 5 oz. BBQ Beef Brisket(3oz LS Lean Brisket, 1TBSP LS BBQ Sauce)1/2c Carrots-(no butter or margarine) 3/4c LS Baked Beans1/2c Collard Greens w/ garlic 1c Coleslaw w/ 2 TBSP DressingWW roll w/ 1 tsp. Margarine1 Oatmeal Cookie |
| Monday February 20 1% Milk 4 oz. LS Beef Tips Over 1/2c Egg Noodles1c Vegetable Medley1 wheat Roll w/ 1 tsp. Margarine1/2c Fruit Cocktail 1/2c Light Vanilla Ice Cream | Tuesday February 21 1% milk 8oz Pork Posole(3 oz. Pork, 1/4c Red Chile, 1/2c Hominy)1/2c Calabacitas1 6in Flour Tortilla1/2c Cherries in 1/4c Cobbler | Wednesday February 22 1% MilkFish Sandwich(3 oz. Fish, 2T Tartar Sauce, 1 Bun)1c Cucumber & Tomato Salad1/2c Mixed Veggies1 Fresh Apple | Thursday February 23 1% Milk Baked Cheesy Ziti with(2 oz. Meaty Marinara Sauce, 1 oz. Cheese, 1/2c Noodles)1/2c Italian Veggies1/2c Tossed Salad w/ 1T Light Dressing w/ 1/4c LS Garbanzo Beans 1 sl. Garlic Bread1/2c Bananas in 1/2c Pudding | Friday February 24 1% Milk Egg Salad Sandwich(4 oz. Egg Salad, 1 Petite Croissant, 1/2c lettuce, 2 slices tomato)1c Three Bean Salad (w/ 1/2c red beans)1/2c Celery sticks, 8 baby carrots2 slices dill Pickle1c Strawberries on 1 Sl. Angel Food Cake |
| Monday February 27 3 oz. Chicken Tempura(3oz Chicken, 1 TBSP Tempura Batter) 1 oz. Orange Sauce1/2c Brown Rice w/ 1tsp Margarine 1c Asian Veggies1 Fortune Cookie1/2c Mandarin Oranges | Tuesday February 28 Tuna Casserole(3 oz. Tuna, 1 oz. Sauce, 1/2c Egg Noodles1/2c Peas & Carrots)1c Spinach, 2 TBSP Light Ranch Dressing, 8 baby carrots, 5 cherry tomatoes1/4c Red cabbage, 1/4c Cucumbers)6 LS WW Crackers w/ 1 tsp Margarine1/2c Tropical Fruit Salad |  |  |  |

***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:****3** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****2** |
| Calories | 700 or more | 717.5 | 822.2 | 707.4 | 761.8 | 717.1 |
| % Carbohydrates from Calories | 45-55% | 50.3 | 51.2 | 44.6 | 52.8 | 53.3 |
| % Protein from Calories | 15-25% | 17.4 | 20.5 | 25.4 | 20.5 | 20.1 |
| % Fat from Calories | 25-35% | 32.2 | 28.3 | 30.0 | 26.6 | 26.6 |
| Saturated Fat | less than 8g | 7.8 | 8.0 | 8.0 | 8.0 | 6.8 |
| Fiber | 10g or more | 10.3 | 15.2 | 10.3 | 10.0 | 10.0 |
| Vitamin B-12 | .8ug or more | 1.7 | 1.9 | 2.0 | 2.3 | 2.3 |
| Vitamin A | 300ug RAE or more | 536.5 | 810.2 | 517.9 | 502.9 | 896.9 |
| Vitamin C | 30mg or more | 71.4 | 91.1 | 37.7 | 44.8 | 83.9 |
| Iron | 2.6mg or more | 4.3 | 5.2 | 4.7 | 5.5 | 5.2 |
| Calcium | 400mg or more | 465.9 | 564.4 | 486.2 | 557.9 | 494.1 |
| Sodium | less than 766mg | 753.7 | 742.6 | 764.0 | 765.1 | 722.0 |

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.

 Constance Rudnicki MS, RDN, LD