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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 Veggies  1/2c Spinach w/ 1 TBPP light Ranch Dressing  1/4c Cucumber  8 baby carrots  5 cherry tomatoes  1 sl. Garlic Toast  1/2c Strawberries in 1/2c Vanilla Pudding | Thursday February 2  3 oz. Grilled Chicken Breast  over 1/2c Garlic Noodles  (1/2c Noodles, 1 TBSP olive oil, garlic)  1/2c NAS French Style Green Beans  1c Tossed Salad w/  2T Low Fat Dressing  1 Biscuit w/ 1 tsp. Margarine  3/4c Hawaiian fruit cup-(banana, pineapple, orange, coconut) | Friday February 3  3 oz. Salisbury Steak  1/2c Mashed Potatoes  2oz. Brown Gravy w/ 1/4c Mushrooms  3/4c Brussel Sprouts & Onions  1 Wheat Roll w/ 1 tsp. Margarine  1/2c Chilled Pears |
| Monday February 6  1% Milk  4 oz. BBQ Pork Patty  (4oz pork patty, 2 TBSP LS Barbecue Sauce)  1/2c LS Baked Beans  1c Coleslaw w/ 2 TBSP Dressing  1/2c Cucumber & Tomato Salad  1 sl. Cornbread w/  1 tsp. Margarine  1/2c Fresh Grapes | Tuesday February 7  3 oz. Pork Chop  1/2c Rice Pilaf  1c 5 way vegetables  1 Wheat Roll w/ 1 tsp. Margarine  1/2c 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 Beans  1/2c Green Beans  1c Tossed Salad w/ 2T Light Dressing  1 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 carrots  1 oz. Potato Chips  1 Fresh Pear | Friday February 10  1% Milk  Chicken Fajita  (3 oz. Chicken, 1/2c Peppers & Onion, 1 6in Flour Tortilla)  1/2c LS Refried Beans  1/2c Squash &1/4c Corn  1 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 Soup  1/2c Mixed Fruit | Tuesday February 14  1% Milk  4oz. Turkey Roast  2oz LS Turkey Gravy  1/2c Asparagus, 1/2c Mushrooms  1/2c Tossed Salad w/ 1 TBSP Light Dressing  1 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 Beans  1c Zucchini and 1/2c NAS Diced Tomatoes  3/4c Cantaloupe | Thursday February 16  1% Milk  4oz. Chicken Alfredo  (3oz Chicken, 1oz Light Alfredo Sauce)  1/2c Fettuccine Noodles  1c Broccoli & Cauliflower  1 sl. Garlic Bread  1/2c 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 Beans  1/2c Collard Greens w/ garlic  1c Coleslaw w/ 2 TBSP Dressing  WW roll w/ 1 tsp. Margarine  1 Oatmeal Cookie |
| Monday February 20  1% Milk  4 oz. LS Beef Tips  Over 1/2c Egg Noodles  1c Vegetable Medley  1 wheat Roll w/ 1 tsp. Margarine  1/2c 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 Calabacitas  1 6in Flour Tortilla  1/2c Cherries in 1/4c Cobbler | Wednesday February 22  1% Milk  Fish Sandwich  (3 oz. Fish, 2T Tartar Sauce, 1 Bun)  1c Cucumber & Tomato Salad  1/2c Mixed Veggies  1 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 Veggies  1/2c Tossed Salad w/ 1T Light Dressing w/ 1/4c LS Garbanzo Beans  1 sl. Garlic Bread  1/2c 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 carrots  2 slices dill Pickle  1c Strawberries  on 1 Sl. Angel Food Cake |
| Monday February 27  3 oz. Chicken Tempura  (3oz Chicken, 1 TBSP Tempura Batter)  1 oz. Orange Sauce  1/2c Brown Rice w/ 1tsp Margarine  1c Asian Veggies  1 Fortune Cookie  1/2c Mandarin Oranges | Tuesday February 28  Tuna Casserole  (3 oz. Tuna, 1 oz. Sauce,  1/2c Egg Noodles  1/2c Peas & Carrots)  1c Spinach, 2 TBSP Light Ranch Dressing, 8 baby carrots, 5 cherry tomatoes  1/4c Red cabbage, 1/4c Cucumbers)  6 LS WW Crackers w/ 1 tsp Margarine  1/2c 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.

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