|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday 1, 2021**  **3oz Salisbury Steak W/**  **1oz Low Sodium Gravy**  **1/2c Broccoli**  **1/2c Carrots**  **1/2c Wild Rice**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Apricots** | **Tuesday 2, 2021**  **Chicken Pot Pie**  **(3 oz. Chicken, 1 oz. Sauce, 1/2c Veggies , 1 oz Crust)**  **1/2c Green Beans**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Peaches** | **Wednesday 3, 2021**  **Hamburger Mac**  **(3 oz. Beef, 1 oz. Sauce,**  **1/2c Macaroni)**  **1/2c Spinach**  **1/2c Beets**  **1 Biscuit w/ 1 tsp. Margarine**  **1/2c Plums** | **Thursday 4, 2021**  **Green Chile Chicken Enchiladas**  **(3 oz. Chicken, 1/4c Green Chile, 2 Corn Tortillas)**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **1/2c Pinto Beans**  **1 Oatmeal Cookie** | **Friday 5, 2021**  **3 oz. Pork Chop W/**  **1 oz. Tomato Gravy**  **1/2c Mixed Veg**  **1/2c Baked Potato**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Pears** |
| **Monday 8, 2021**  **Sloppy Joe**  **(3 oz. Beef, 1 oz. Sauce, 1 Bun)**  **1/2c Peas**  **1/2c Parsley Potatoes**  **1/2c Pineapple** | **Tuesday 9, 2021**  **4 oz. Sweet & Sour Pork**  **1/2c Rice**  **1/2c Oriental Blend Veg**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **1 Sugar Cookie** | **Wednesday 10, 2021**  **3oz Baked Fish**  **1/2c Cole Slaw**  **1/2c Beets**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Apricots** | **Thursday 11, 2021**  **Chicken Fettuccini**  **(3oz Chicken, 1 oz. Sauce,**  **1/2c Pasta)**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **1/2c Spinach**  **1 Sl. Garlic Bread**  **1/2c Spiced Peaches** | **Friday 12, 2021**  **4 oz. Carne Adovada**  **1/2c Spanish Rice**  **1/2c Beans**  **1/2c Carrots**  **1-6”Tortilla**  **1/2c SF Jell-O** |
| **Monday 15, 2021**  **Closed** | **Tuesday 16, 2021**  **Red Chile Beef Enchiladas**  **(3 oz. Beef, 1/4c Red Chile,**  **2 Corn Tortillas)**  **1/2c Pinto Beans**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **1/2c Applesauce** | **Wednesday 17, 2021**  **4oz Chicken Provencal W/**  **1/2c Rice & Veggies**  **1/2c Spinach**  **1/2c Squash**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Tropical Fruit** | **Thursday 18, 2021**  **3oz Roast Beef**  **1c Mashed Potatoes**  **1/2c Green Bean**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Strawberry W/1 sl. Cake** | **Friday 19, 2021**  **Cheese Pizza**  **(3 oz. Cheese, 1 oz. Sauce,**  **1 oz. Crust)**  **1/2c California Veg**  **1/2c Sweet Potato**  **1/2c Peaches** |
| **Monday 22, 2021**  **Fish Sandwich**  **(3 oz. Fish, 1 Bun)**  **1c Tater Tots**  **1/2c Broccoli**  **3/4c Apricots** | **Tuesday 23, 2021**  **4 oz. Meatballs w/**  **1 oz. Low Sodium Gravy**  **1c Wild Rice**  **1c Steamed Cabbage**  **1c Beets**  **1 Roll w/ 1 tsp. Margarine**  **1 Oatmeal Cookie** | **Wednesday 24, 2021**  **3 oz. Chicken Cutlet**  **1c Green Beans**  **1c Sweet Potato**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Mixed Fruit** | **Thursday 25, 2021**  **2 Beef Tacos**  **(3 oz. Beef, 1 oz. Cheese,**  **1/2c Lettuce & Tomato,**  **2 Corn Tortillas)**  **1/2c Squash**  **1/2c Mexicorn**  **1/2c SF Jell-O** | **Friday 26, 2021**  **4 oz. Italian Chicken**  **1c Cauliflower**  **1c Broccoli**  **1 Slice Garlic Bread**  **1/2c Peaches** |
|  |  |  |  | **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 |
|  |  | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **5** |
| Calories | 700 or more | 711.3 | 714.3 | 705.4 | 706.4 |
| % Carbohydrates from Calories | 45-55% | 47.2% | 48.8% | 51.1% | 46.6% |
| % Protein from Calories | 15-25% | 24.9% | 24.8% | 23.9% | 25.7% |
| % Fat from Calories | 25-35% | 27.9% | 26.4% | 25% | 27.7% |
| Saturated Fat | less than 8g | 6.2g | 6.4g | 7g | 6.6g |
| Fiber | 10g or more | 13.5g | 10.5g | 12g | 11.8g |
| Vitamin B-12 | .8ug or more | 2.3ug | 2.1ug | 2.3ug | 2.5ug |
| Vitamin A | 300ug RAE or more | 812.6ug | 747.2ug | 707.5ug | 610.3ug |
| Vitamin C | 30mg or more | 60.2mg | 52.7mg | 58mg | 83.4mg |
| Iron | 2.6mg or more | 6.1mg | 5.8mg | 6mg | 5.3mg |
| Calcium | 400mg or more | 462.2mg | 489.6mg | 621.8mg | 501.2mg |
| Sodium | less than 766mg | 507.6mg | 710mg | 536.7mg | 575mg |

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