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| --- | --- | --- | --- | --- |
| **Monday, January 2nd**  **1/2c Spinach Salad w/ Egg**  **3oz. Sweet and Sour Meatballs**  **1/2c Peas & Carrots**  **1 Dinner Roll**  **1/2c Apricots** | **Tuesday, January 3rd**  **1/2c Pineapple Cole Slaw**  **5oz Baked Fish**  **1 Whole Wheat Roll**  **1/2c Dill Potatoes**  **1/2c Seasoned Spinach**  **1 Apple** | **Wednesday, January 4th**  **1/2c Caesar Salad**  **1c Cheese Ravioli w/ 3oz Cheese**  **1/2c Baby Carrots**  **1 sl. Toasted Bread**  **1 Banana** | **Thursday, January 5th**  **1/2c Cabbage**  **1 svg. Beef Caldillo w/ 3 oz Meat & 5 oz Vegetables**  **1/2c Pinto Beans**  **1 Flour Tortilla**  **1/2c Pineapple** | **Friday, January 6th**  **1/2c Beet & Onion Salad**  **1/2c Chicken, Cranberry, & Pecan Salad w/ 3oz. meat**  **1/2c Sliced Tomatoes**  **1 Whole Wheat Roll**  **1c Mandarin Oranges**  **1 Oatmeal Raisin Cookie** |
| **Monday, January 9th**  **1/2c Garden Salad**  **3oz Chile Relleno**  **1/2c Spanish Rice**  **1/2c Pinto Beans**  **1 pc Apple Crisp** | **Tuesday, January 10th**  **1/2c Pea Salad**  **3oz. Chicken Fried Steak**  **1/2c Mashed Potatoes**  **1/2c Mixed Vegetables**  **1 Whole Wheat Roll**  **1 Pear** | **Wednesday, January 11th**  **1/2c Garden Salad**  **1 svg. Meat Loaf w/ 3 oz. meat**  **1/2c Mashed Potatoes**  **1/2c Brussel Sprouts**  **1 Whole Wheat Roll**  **2 Tangerines** | **Thursday, January 12th**  **1/2c Lettuce & Tomato**  **1 svg. Green Enchilada**  **1/2c Spanish Rice**  **1/2c Pinto Beans**  **1 Chocolate Chip Cookie** | **Friday, January 13th**  **1/2c Pineapple Cole Slaw**  **3 oz. Breaded Fish**  **2 Corn Tortillas**  **1/2c Rice Pilaf**  **1/2c Asparagus**  **1/2c Tropical Fruit** |
| **Monday, January 16th**  **CLOSED** | **Tuesday, January 17th**  **1/2c Garden Salad**  **8oz. Pepper Steak w/ 3oz. Beef and 5oz. Vegetables**  **1/2c Rice**  **1/2c Green Beans**  **1 Orange**  **1 pc. Cake** | **Wednesday, January 18th**  **1/2c Carrot Raisin Salad**  **1c Cabbage Roll Casserole w/ 3oz. beef, 3oz. cabbage, 2oz. rice**  **1/2c Roasted Potatoes**  **1 Whole Wheat Roll**  **1/2c Broccoli**  **1/2c Pears** | **Thursday, January 19th**  **1/2c Beet & Onion Salad**  **1 1/2c Chef Salad w/ 3oz. Turkey, 5oz. lettuce, 2oz. egg, 2oz. tomato & onion**  **1 Whole Wheat Roll**  **1 sl Pumpkin Bread**  **1/2c Mixed Fruit** | **Friday, January 20th**  **1/2c Spinach Salad w/ Egg**  **1 itm Salmon Patty w/ 3oz meat**  **1/2c Dill Potatoes**  **1/2c Peas**  **1 Dinner Roll**  **1 pc Applesauce Cake** |
| **Monday, January 23rd**  **1/2c Tossed Salad**  **1 svg. Steak Ranchero w/ 3oz Meat**  **1 itm. Baked Potato**  **1/2c Baby Carrots**  **1 Dinner Roll**  **1 Apple** | **Tuesday, January 24th**  **1/2c Caesar Salad**  **7oz. Spinach Lasagna w/ 3 oz. Cheese**  **1/2c Italian Vegetables**  **1 sl Bread**  **1/2c Jello w/ Fruit**  **1/2c Tropical Fruit** | **Wednesday, January 25th**  **1/2c Pineapple Cole Slaw**  **3oz. Breaded Fish**  **1/2c Dill Potatoes**  **1/2c Sliced Carrots**  **1 Whole Wheat Roll**  **1 Banana** | **Thursday, January 26th**  **1/2c Spinach Salad w/ Egg**  **1 svg. Oven Baked Chicken w/ 3oz. Meat**  **1/3c Poultry Stuffing**  **1/2c Mixed Vegetables**  **1 Whole Wheat Roll**  **1 svg. Cake** | **Friday, January 27th**  **1/2c Garden Salad**  **3/4c Picadillo w/ 3 oz. meat & 3oz. vegetables**  **3/4c Sopa**  **1/2c Pinto Beans**  **1 Tortilla**  **1 Peanut Butter Cookie** |
| **Monday, January 30th**  **1/2c Lettuce & Tomato**  **1 svg. Chicken Fajita w/ 3oz. Meat**  **1/2c Pinto Beans**  **1 svg. Pico de Gallo w/ avocado**  **1c Yogurt w/ fruit**  **1 Banana** | **Tuesday, January 31st**  **1/2c Applesauce**  **1 svg Hot Roast Beef Sandwich w/ 3oz. meat & 1 sl. Bread**  **1/2c Mashed Potatoes**  **1/2c Cauliflower**  **1 sl. Pumpkin Bread** |  |  |  |

***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:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **2** |
| Calories | 700 or more | 705 | 751 | 857 | 769 | 914 |
| % Carbohydrates from Calories | 45-55% | 55% | 53.9% | 50.3% | 53.1% | 50.8% |
| % Protein from Calories | 15-25% | 19.7% | 18.7% | 21% | 20% | 24% |
| % Fat from Calories | 25-35% | 25.4% | 27.4% | 28.6% | 26.9% | 25.3% |
| Saturated Fat | less than 8g | 6.01g | 7.97g | 7.74g | 7.29g | 6.9g |
| Fiber | 10g or more | 11.68g | 12.41g | 12.31g | 11.74g | 10.69g |
| Vitamin B-12 | .8ug or more | 2.15ug | 2.26g | 3.63ug | 1.98ug | 3.23ug |
| Vitamin A | 300ug RAE or more | 466ug | 448ug | 601ug | 547ug | 352ug |
| Vitamin C | 30mg or more | 70mg | 72mg | 105mg | 74mg | 82mg |
| Iron | 2.6mg or more | 5.2mg | 5.2mg | 7.3mg | 6.1mg | 4.4mg |
| Calcium | 400mg or more | 485mg | 564mg | 587mg | 502mg | 679mg |
| Sodium | less than 766mg | 711mg | 750mg | 707mg | 762mg | 478mg |

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, RD, LD