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| --- | --- | --- | --- | --- |
| **All Meals Served With 8 oz.**  **1% Low-Fat Milk** |  |  | **THURSDAY 1, 2021**  **Red Beef Enchiladas**  **(3 oz Beef, 1 oz. Cheese,**  **1/4c Red Chile, 2 Corn Tortillas)**  **1/2c Lettuce & Tomato**  **1/2c Corn Salsa**  **1/2c Pinto Beans**  **1/2c Mixed Fruit** | **FRIDAY 2, 2021**  **GOOD FRIDAY**  **Fish Platter**  **1 oz. Cod, 1 oz. Cat Fish Nugget, 1 oz. Shrimp**  **1/2c Coleslaw**  **1/2c Green Beans**  **1c Rice Pilaf**  **1/2c Mandarin Oranges** |
| **MONDAY 5, 2021**  **Pepper Steak**  **(3 oz. Beef, 1/2c Peppers**  **& Onion)**  **1c Steamed Rice**  **1/2c Brussel Sprouts**  **1 sl. Cornbread w/**  **1 tsp. Margarine**  **1/2c Pears** | **TUESDAY 6, 2021**  **4 oz. BBQ Chicken Thigh**  **1/2c Country Vegetable Blend**  **1/2c Baked Beans**  **1 WW Roll w/**  **1 tsp. Margarine**  **1/2c Peaches** | **WEDNESDAY 7, 202**  **Ham & Beans**  **(2 oz. Low Sodium Ham,**  **1 oz. Sauce, 1/2c Beans)**  **1c Spinach & Mushrooms**  **1 Biscuit w/**  **1 tsp. Margarine**  **1 sl. Cake** | **THURSDAY 8, 2021**  **3 oz. Liver & 1/4c Onions**  **1/2c Mashed Potatoes w/**  **1 oz. Low Sodium Gravy**  **1/2c Green Beans**  **1 WW Roll w/**  **1 tsp. Margarine**  **1/2c Chunky Applesauce** | **FRIDAY 9, 2021**  **3 oz. Chicken Strips**  **1/2c Potato Wedges**  **1/2c Carrots**  **1 WW Roll** **w/**  **1 tsp. Margarine**  **1 Oatmeal Cookie** |
| **MONDAY 12, 2021**  **Chicken Corn Casserole**  **(3 oz. Chicken, 1 oz. Sauce,**  **1/2c Corn)**  **1/2c Glazed Carrots**  **1/2c Spinach**  **1 Biscuit w/**  **1 tsp. Margarine**  **1 Orange** | **TUESDAY 13, 2021**  **4 oz. Beef Burgundy**  **1c Egg Noodles**  **1c Peas & Carrots**  **1 WW Roll w/**  **1 tsp. Margarine**  **1/2c Spiced Apples** | **WEDNESDAY 14, 2021**  **4 oz. Hawaiian Pork**  **1c Steamed Rice**  **1c Oriental vegetables**  **1/2c Mandarin Oranges** | **THURSDAY 15, 2021**  **GCC Enchiladas**  **(3 oz. Chicken, 1 oz. Cheese,**  **1/4c Green Chile,**  **2 Corn Tortillas)**  **1/2c Lettuce & Tomato**  **1/2c Pinto Beans**  **6 Crackers**  **1/2c Plums** | **FRIDAY 16, 2021**  **Sloppy Joe**  **(3 oz. Beef, 1 oz Sauce, 1 Bun)**  **1/4c Pickle & Onion**  **1/2c French Fries**  **1/2c Chateau Blend Vegetables**  **1/2c Pears**  **& Mandarin Oranges** |
| **MONDAY 19, 2021**  **Beef Fajitas**  **(3 oz. Beef, 1/2c Peppers & Onion, 1 Tortilla)**  **1/2c Lettuce & Tomatoes**  **1/2c Pinto Beans**  **1/2c Apricots** | **TUESDAY 20, 2021**  **4 oz. Pork Chop Suey**  **1c Steamed Rice**  **1c Emperors Stir Fry**  **1/2c Cantaloupe**  **1/2c Yogurt** | **WEDNESDAY 21, 2021**  **Chili Beans**  **(1/2c Beans, 1 oz. Cheese,**  **1/4c Red Chile)**  **1/2c Cole Slaw**  **1/2c Chuckwagon Vegetables**  **1 sl. Cornbread w/**  **1 tsp. Margarine**  **1/2c Tapioca Pudding** | **THURSDAY 22, 2021**  **4 oz. Meatloaf**  **1c Parsley Mashed Potatoes**  **w/1 oz. Low Sodium Gravy**  **1/2c Brussels Sprouts**  **1 WW Roll w/**  **1 tsp. Margarine**  **1/2c Blueberries in 1/4c Cobbler** | **FRIDAY 23, 2021**  **1/2c Spaghetti &**  **4 oz. Meatballs**  **1c Green Salad w/**  **2T Low Fat Dressing**  **1/2c Italian Vegetables**  **1 sl. Garlic Bread**  **1/2c Pineapple Tidbits** |
| **MONDAY 26, 2021**  **Sour Cream Enchiladas**  **(3 oz. Cheese, 1T Sour Cream, 1/4c Green Chile,**  **2 Corn Tortillas)**  **1/2c Lettuce & Tomato**  **1/2c Corn Salsa**  **1/2c Pinto Beans**  **1/2c Fruit Cocktail** | **TUESDAY 27, 2021**  **3 oz. Hamburger Steak w/**  **1 oz. Low Sodium Gravy**  **1/2c Sweet Potato**  **1/2c Monte Carlo Vegetables**  **1 Biscuit w/**  **1 tsp. Margarine**  **1 Brownie** | **WEDNESDAY 28, 2021**  **King Ranch Chicken**  **(3 oz. Chicken, 1/4c Green Chile Sauce, 2 Corn Tortillas)**  **1/2c Lettuce & Tomato**  **1/2c Black Beans**  **1 sl. Cornbread w/**  **1 tsp. Margarine**  **1/2c Pears** | **THURSDAY 29, 2021**  **3 oz. Baked Pork Chop**  **1/2c Roasted Potatoes w/Onions**  **1/2c Green Beans**  **1 WW Roll w/**  **1 tsp. Margarine**  **1/2c Chunky Applesauce** | **FRIDAY 30, 2021**  **Cheese Burger**  **(3 oz. Beef, 1 oz. Cheese,**  **1 Bun, 1/2c Lettuce, Tomato, Onions)**  **1/2c Potato Salad**  **1/2c Baked Beans**  **1 Peanut Butter Cookie** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **2** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** |
| Calories | 700 or more | 718.1 | 717.5 | 727.8 | 721.2 | 744.9 |
| % Carbohydrates from Calories | 45-55% | 48.3% | 50.2% | 49.6% | 50.1% | 49.2% |
| % Protein from Calories | 15-25% | 25.3% | 23.2% | 25% | 23.2% | 23.8% |
| % Fat from Calories | 25-35% | 26.4% | 26.6% | 25.3% | 26.7% | 27% |
| Saturated Fat | less than 8g | 6.8g | 5.9g | 6.4g | 6.8g | 7.8g |
| Fiber | 10g or more | 11.9g | 12g | 12.3g | 13.3g | 13.4g |
| Vitamin B-12 | .8ug or more | 2.9ug | 13.7ug | 2.2ug | 2.6ug | 2.4ug |
| Vitamin A | 300ug RAE or more | 452.6ug | 2142.6ug | 764ug | 526.3ug | 564.6ug |
| Vitamin C | 30mg or more | 101.1mg | 33.5mg | 73mg | 62.5mg | 71.4mg |
| Iron | 2.6mg or more | 5.1mg | 6.6mg | 5.8mg | 6mg | 5.7mg |
| Calcium | 400mg or more | 555.8mg | 443mg | 506.3mg | 513.3mg | 580.5mg |
| Sodium | less than 766mg | 431.7mg | 630.1mg | 475.8mg | 514.7mg | 549.5mg |

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