|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY APRIL 3**  **CHICKEN TACOS**  **(3oz Chicken, 1/2c Lettuce and Tomato, 1 6in Flour Tortilla)**  **1/2c LS PINTO BEANS**  **1oz PICO DE GALLO**  **3/4c ROASTED BRUSSEL SPROUTS**  **1c GREEN SALAD w/ 2 TBSP Light Italian Dressing**  **1c GRAPES** | **TUESDAY APRIL 4**  **HAMBURGER**  **(3oz Beet patty, 1 bun, 1/2c Lettuce, 2 slices tomato, 1 slice onion)**  **1/2c Germany Style POTATO SALAD**  **1/2c Sauteed Radishes w/ Green Beans**  **1cWatermelon** | **WEDNESDAY APRIL 5**  **1/8 slice VEGGIE QUICHE with sweet potato crust (1/2 egg, .5oz Cheese, 1/4c Sweet Potatoes)**  **1/2c Asparagus w/ 1/2c Mushrooms**  **6 LS Saltines**  **1/2LS Garbanzo Beans**  **3/4c CANTALOUPE** | **THURSDAY APRIL 6**  **1c BEEF STEW**  **(3oz Beef, 1/2c Vegetables)**  **CORNBREAD w/ 1 tsp margarine**  **1c GREEN SALAD w/ 2 TBSP Light Italian Dressing**  **1/2c SF Gelatin w/ 1/2c Banana** | **FRIDAY APRIL 7**  **CLOSED** |
| **MONDAY APRIL 10**  **3oz MEATLOAF w/2oz LS GRAVY**  **1/2c MASHED POTATOES**  **1c GREEN BEANS**  **1/2c GREEN SALAD w/ 1 TBSP Light Italian Dressing**  **1 slice Wheat BREAD w/ 1 tsp margarine**  **APPLE** | **TUESDAY APRIL 11**  **1/2c CHICKEN CURRY SALAD**  **w/ 3oz Chicken**  **1/2c Roasted Cauliflower w/1/2c Kale**  **WHEAT ROLL**  **1/2c LS Beets**  **1/2c PINEAPPLE Chunks** | **WEDNESDAY APRIL 12**  **GRILLED CHEESE SANDWICH**  **(2 slices wheat bread, 1oz American cheese**  **1/2c LS ZUCCHINI/CORN CHOWDER, ADD 1/4c LS Black beans**  **HB EGG**  **1c GREEN SALAD w/ 2 TBSP Light Italian Dressing** | **THURSDAY APRIL 13**  **3oz ROAST TURKEY w/ 2oz LS GRAVY**  **3/4c YAMS**  **1/2c CABBAGE**  **Wheat ROLL w/ 1 tsp margarine**  **1/2c GREEN SALAD w/ 1 TBSP Light Italian Dressing**  **1/2c SF Gelatin w/ 1/2c PEACHES** | **FRIDAY APRIL 14** |
| **MONDAY APRIL 17**  **3oz CHICKEN & 2oz LS GRAVY**  **1/2c PARSLEY POTATOES**  **1/2c Italian BEANS**  **1/2c Tomato and onion salad**  **Wheat ROLL**  **3/4c Fruit Compote**  **4oz Nonfat Greek Vanilla Yogurt**  **(Do not serve milk this day)** | **TUESDAY APRIL 18**  **1c Green Chile Pork Stew**  **(3oz Pork, 1oz GC, 1/2c Vegetables)**  **1/2c SPINACH**  **1/2c GREEN SALAD w/ 1 TBSP Light Italian Dressing**  **6 LS Saltines**  **1/2c Apricots** | **WEDNESDAY APRIL 19**  **NAVAJO TACO**  **(1oz Fry Bread, 3oz Ground Beef, 1/4c Tomatoes, .5oz cheese, 1/4c Onions, 1/2c LS Pinto Beans, 1oz GC, 1/2c Lettuce, 1/2c Arugula)**  **1/2c Chuckwagon Vegetables**  **1c Strawberries** | **THURSDAY APRIL 20**  **2oz KIELBASA**  **1/2c Peppers and Onions**  **1/2c Carrots**  **1/2c Brown Rice**  **Wheat roll**  **1/2c Sweet Cherries w/ 4oz Nonfat Greek Vanilla Yogurt** | **FRIDAY APRIL 21** |
| **MONDAY APRIL 24**  **1/2c SPAGHETTI w/ 5oz MEAT SAUCE (3oz Meat, 2oz NAS Marinara Sauce)**  **1c Italian Blend Vegetables**  **1/2c GREEN SALAD w/ 1 TBSP Light Italian Dressing**  **Garlic Bread**  **1/2c Fruit Cocktail** | **TUESDAY APRIL 25**  **3oz OVEN-BAKED CHICKEN 1/2c LS Rice Pilaf**  **1c CALIFORNIA BLEND VEGGIES**  **Wheat ROLL**  **1/2c SF Gelatin** | **WEDNESDAY APRIL 26**  **3oz LS Lean PORK ROAST**  **2oz LS GRAVY**  **1/2c LS BLACK-EYED PEAS**  **1c GREEN SALAD w/ 2 TBSP Light Italian Dressing**  **Wheat roll**  **1/2c Plums** | **THURSDAY APRIL 27**  **6oz RED CHILI BEEF ENCHILADAS**  **(1oz RC, 3oz Beef, 2 corn tortilla, 1oz Cheese**  **1/2c LS PINTO BEANS**  **1c CALABACITAS**  **1/2c GREEN SALAD w/ 1 TBSP Light Italian Dressing**  **1/2c CINNAMON PEACHES** | **FRIDAY APRIL 28** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **4** |
| Calories | 700 or more | 701.8 | 701.9 | 781.1 | 713.0 |  |
| % Carbohydrates from Calories | 45-55% | 51.6 | 49.5 | 52.2 | 47.9 |  |
| % Protein from Calories | 15-25% | 21.2 | 22.1 | 21.4 | 25.0 |  |
| % Fat from Calories | 25-35% | 27.2 | 28.3 | 26.4 | 27.1 |  |
| Saturated Fat | less than 8g | 7.9 | 7.7 | 7.7 | 7.9 |  |
| Fiber | 10g or more | 12.3 | 12.0 | 13.7 | 12.2 |  |
| Vitamin B-12 | .8ug or more | 2.5 | 2.0 | 2.2 | 2.5 |  |
| Vitamin A | 300ug RAE or more | 777.7 | 564.1 | 569.9 | 750.7 |  |
| Vitamin C | 30mg or more | 63.9 | 62.0 | 111.5 | 33.2 |  |
| Iron | 2.6mg or more | 6.2 | 5.1 | 5.7 | 5.3 |  |
| Calcium | 400mg or more | 516.4 | 518.4 | 471.8 | 460.8 |  |
| Sodium | less than 766mg | 764.8 | 751.9 | 608.5 | 581.0 |  |

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