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| **All Meals Served With 8 oz.** **2% Low Fat Milk** |  |  |  | **FRIDAY 1, 2021****ALL KITCHENS CLOSED** |
| **MONDAY 4, 2021****4 oz. Swedish Meatballs over****1/2c Egg Noodles****1c Vegetable Medley** **1 Breadstick w/ 1 tsp. Margarine****1/2c Pineapple** | **TUESDAY 5, 2021****Chicken & Rice Casserole****(3 oz. Chicken, 1/2c Rice,** **1/2c Peas & Carrots)****1/2c French Style Green Beans****1c Tossed Salad w/** **2T Low Fat Dressing****1 Roll w/ 1 tsp. Margarine****1/2c Berries in 1/4c Cobbler** | **WEDNESDAY 6, 2021****3 oz. Beef Roast****½ Baked Potato****1/2c Cucumber & Tomato Salad****1/2c California Veggies****1 Roll w/ 1 tsp. Margarine****1/2c Tapioca Pudding** | **THURSDAY 7, 2021****4 oz. Meaty Marinara Sauce****over 1/2c Penne Pasta****1/2c Italian Veggies****1c Tossed Salad w/** **2T Low Fat Dressing****1 Roll w/ 1 tsp. Margarine****1/2c Strawberry on 1/2c Ice Cream** | **FRIDAY 8, 2021****Soft Chicken Taco****(3 oz. Chicken, 1/2c Lettuce & Tomato, 2 Corn Tortillas)****1 oz. Salsa****1/2c Chuckwagon Veggies****1/2c Refried Beans****1/2c SF Chocolate Pudding** |
| **MONDAY 11, 2021****Sloppy Joe****(3 oz. Beef, 1 oz. Sauce, 1 Bun)****1/2c French Fries****1/2c Steamed Spinach****1/2c Chilled Peaches** | **TUESDAY 12, 2021****4 oz. Teriyaki Chicken****1/2c Fried Rice****1c Asian Veggies****1 Roll w/ 1 tsp. Margarine****1 Fortune Cookie****1/2c Mandarin Oranges** | **WEDNESDAY 13, 2021****3 oz. Salisbury Steak****2 oz. Mushroom Gravy****1/2c Mashed Potatoes****1/2c Mixed Veggies****1 Roll w/ 1 tsp. Margarine****1/2c Chilled Apricots** | **THURSDAY 14, 2021****4 oz. Chicken Alfredo****over 1/2c Fettuccini Noodles****1c Broccoli & Cauliflower****1 sl. Garlic Bread****1/2c Peaches in 1/2c Cottage Cheese** | **FRIDAY 15, 2021****Green Chile Cheeseburger****(3 oz. Beef, 1 oz. Cheese, 1/4c Green Chile, 1 Bun, 1/2c Lettuce & Tomato)****1/2c Ranch Beans****1/2c Onion Rings****1/2c Bananas in 1/2c Pudding** |
| **MONDAY 18, 2021****ALL KITCHENS CLOSED** | **TUESDAY 19, 2021****Turkey Sandwich****(3 oz. Turkey, 1 oz. Cheese, 1/2c Lettuce & Tomato, 2 Sl. Bread)****1/2c Carrot Sticks****1 oz. Potato Chips****1 Fresh Orange** | **WEDNESDAY 20, 2021****Pork Red Chile Tamale****(3 oz. Pork, 1/2c Masa, 1/4c Red Chile Sauce)****1/2c Pinto Beans****1/2c Squash & Corn****1/2c Sliced Pears** | **THURSDAY 21, 2021****3 oz. Baked Chicken****1 oz. Low Sodium Chicken Gravy****1/2c Wild Rice****1c Asparagus & Onions****1 Biscuit w/ 1 tsp. Margarine****1/2c Tropical Fruit** | **FRIDAY 22, 2021****3 oz. Meatloaf with****1 oz. Veggie Topping****1/2c Potatoes Au Gratin****1/2c California Veggies****1 Roll w/ 1 tsp. Margarine****1/2c Applesauce** |
| **MONDAY 25, 2021****3 oz. Baked Cod****1/2c Tater Tots****1/2c Green Beans****1 Roll w/ 1 tsp. Margarine****1/2c Cherries in 1/4c Strudel** | **TUESDAY 26, 2021****3 oz. Country Style Ribs****1/2c Pork & Beans****1/2c Sliced Carrots****1/2c Spinach Salad****1 sl. Cornbread w/** **1 tsp. Margarine****1 Fresh Apple** | **WEDNESDAY 27, 2021****Beef Fajita****(3 oz. Beef, 1/2c Pepper & Onion,** **1 Tortilla)****1/2c Fajita Veggies****1/2c Spanish Rice****1/2c Black Bean & Corn Salad****1 Brownie** | **THURSDAY 28, 2021****Chicken & Potato Burrito****(3 oz. Chicken, 1/2c Potato,** **1/4c Green Chile Sauce)****1c Calabacitas & Onion****1/2c Fruit Cocktail in 1/2c Jell-O** | **FRIDAY 29, 2021****3 oz. Beef Brisket****1/2c Roasted Potatoes****1/2c Brussel Spouts****1 Roll w/ 1 tsp. Margarine****1/2c SF Vanilla Pudding with Cinnamon** |

***Nutrient Table***

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| --- | --- | --- | --- | --- | --- |
| 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 | 774.3 | 757.7 | 728.7 | 761.3 |
| % Carbohydrates from Calories | 45-55% | 48.4% | 47.6% | 48.5% | 51% |
| % Protein from Calories | 15-25% | 23.6% | 25.9% | 24.4% | 22.4% |
| % Fat from Calories | 25-35% | 28% | 26.5% | 27.1% | 26.6% |
| Saturated Fat | less than 8g | 6.5g | 7.1g | 6.1g | 6g |
| Fiber | 10g or more | 13.8g | 12.3g | 11.6g | 11.5g |
| Vitamin B-12 | .8ug or more | 2.5ug | 2.9ug | 2.2ug | 2.1ug |
| Vitamin A | 300ug RAE or more | 790.5ug | 562.9ug | 507.4ug | 473.1ug |
| Vitamin C | 30mg or more | 53.1mg | 79mg | 71.7mg | 68.4mg |
| Iron | 2.6mg or more | 6.2mg | 6.9mg | 6.3mg | 5.8mg |
| Calcium | 400mg or more | 466.8mg | 522.6mg | 495.4mg | 446.5mg |
| Sodium | less than 766mg | 550.9mg | 603.7mg | 519mg | 549.7mg |

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