|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3 3oz Pork Chops½ c Mashed Potatoes w/ 1 oz LS Cheese ½ c Green Beans½ c Plums4 cinnamon graham crackers  | 4  ½ c Spaghetti/5 oz Meat Sauce1 c Tossed Salad w/ 2 TBSP LF Dressing (Italian) 1 Garlic Bread½ c Apricots | 5 6oz LS White Chili Chicken3 oz Chicken 3 oz SauceFlour Tortilla1 c peas w/ mushrooms ½ c Gelatin ½ c Tossed Salad w 1 TBSP Dressing  | 6 3 oz LS Chicken Fried Steak½ c Mashed Potatoes2 oz LS Cream Gravy1 c Broccoli and Cauliflower 1Wheat Roll w 1 tsp margarine ¾ c Strawberries  | 7 Shepherds’ Pie3oz Ground beef, ½ c vegetables (½ c peas and carrots, mashed potatoes)½ c Brussel Sprouts ½ c SF Peach Cobber ½ c Peaches in Cobbler½ c Tossed Salad w 1 TBSP Dressing6 LS Saltine Crackers  |
| 10 Beef Stew3oz Beef, ½ C mixed vegetables ½ c Tossed Salad w/ 1 TBSP LF Dressing Corn bread½ c Pears  | 11 3oz Oven Fried Chicken½ c Oven Fried Potatoes w/ 1 tsp Dried Parsley ½ c California Blend Vegetables ½ c Mandarin Oranges w/ 8 animal crackers   | 12 6 oz Green Chili Chicken Enchiladas(3oz Chicken, 1 oz Green Chile, 1 oz Cheese, 2 Corn Tortillas) ½ c Lettuce and tomato 1c LS Pinto Beans½ c LS Spanish Rice½ c LF SF Chocolate Ice Cream  | 13 6 oz LF White Lasagna3oz Chicken, ½ c Spinach, 1 oz Cheese, ½ c Lasagna Noodles)Garlic Bread½ c Broccoli w/ 1 tsp margarine½ c applesauce2 gingersnap Cookie ½ c Tossed Salad w/ 1 TBSP LF Dressing  | 14 Asian Pork3 oz pork, 2 oz LS sauce ½ c Brown Rice1 c Asian Veggies½ c Diced Mango2 Fortune cookie ½ c Tossed Salad w/ 1 TBSP Sesame Ginger LF Dressing  |
| 17 Chicken Alfredo3oz Chicken, 2oz Light Alfredo Sauce, ½ c Fettuccine1c Peas and Carrots1 Wheat Roll w/ 1tsp Margarine  | 18 1c Posole3 oz Pork, 1 oz Green Chile, ½ c Vegetables1Tortilla1 c Fruit Salad1 c Tossed Salad w/ 2 TBSP LF Dressing  | 19 Arroz con Pollo3 oz Chicken½ c rice ½ c Garlic Green Beans and ½ c Onions ½ c Pineapple w/ ½ c Dark cherries  | 20 4 oz Meatloaf½ c Mashed Potatoes w/2 oz LS Gravy½ c Spinach w/ ½ c mushrooms Wheat roll w/ 1tsp Margarine  | 21 6 oz Frito Pie3 oz meat, ½ c beans, .5 oz LF cheese,½ c tomato, lettuce, onion, 1 oz Lightly Salted Corn Chips 1c Mixed fruit |
| 24 6oz Beef Enchiladas(3oz Beef, 1oz Cheese, 1 oz red chile, 2 corn tortillas) w/1/2c lettuce and tomato1/2c Pinto Beans½ c LS Spanish Rice½ Plums  | 25 3oz Salisbury Steak½ c Mashed Potatoes/2 oz LS Gravy1c Roasted Brussel Sprouts w/Leeks Wheat roll w/1 tsp margarine ½ c gelatin | 26 Cheese Burger(3oz Beef Patty, 0.5oz LF Cheese, 1 Bun) 1/2c Tossed Salad w/1 TBSP LF Dressing 4oz Baked Sweet Potato Fries ½ c Berries  | 27 1/2c Creamy LF Mac & Cheese(1 oz LF Cheese and 2oz LS, Lean Ham, ½ c pasta)1/2c Broccoli w/ ½c diced red pepper1/2c Spiced Apples w/ 4oz Vanilla Nonfat Greek Yogurt  | 28 Stuffed Green Peppers(1/2 bell pepper, ½ c brown rice, 3 oz Ground beef, 1 oz LS Tomato sauce)1 c Capri Veggies½ c Grapes  |
| 31 Chicken a la King(3oz Chicken, ½ c Vegetables, 2 oz Sauce )1/2c Egg Noodles1 c Roasted Vegetables 1 c tomato and cucumber saladCherry Cobbler(1/2 c Cherries, 2 oz Crust)  | 2% milk served at meals |  |  |  |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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:****5** | **Days in Week:****5** | **Days in Week:****1** |
| Calories | 700 or more | 724.4 | 773.3 | 737.5 | 705 | 848 |
| % Carbohydrates from Calories | 45-55% | 51.0 | 48.0 | 51.9 | 51.7 | 54.2 |
| % Protein from Calories | 15-25% | 20.6 | 22.7 | 21.4 | 20.7 | 22.5 |
| % Fat from Calories | 25-35% | 28.5 | 29.3 | 26.7 | 27.5 | 23.3 |
| Saturated Fat | less than 8g | 8.0 | 7.9 | 7.9 | 8.0 | 6.2 |
| Fiber | 10g or more | 10.3 | 10.9 | 10.0 | 11.0 | 10.5 |
| Vitamin B-12 | .8ug or more | 2.3 | 2.1 | 2.2 | 2.9 | 1.8 |
| Vitamin A | 300ug RAE or more | 416.2 | 625.9 | 642.8 | 677.0 | 821.7 |
| Vitamin C | 30mg or more | 58.1  | 40.5 | 34.3 | 61.4 | 163.8 |
| Iron | 2.6mg or more | 5.4 | 4.5 | 5.4 | 4.8 | 6.2 |
| Calcium | 400mg or more | 483.2 | 555.4 | 458.5 | 523.7 | 579.2 |
| Sodium | less than 766mg | 662.9 | 624.9  | 762.7 | 689.5 | 534.1 |

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