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|  |  | **Wednesday, February 1st**  **1/2c Summer Salad**  **1 sl. Liver and Onions w/ 3oz. meat and 2oz. Onion**  **1/2c Mashed Potatoes**  **1/2c Baby Carrots**  **1 Whole Wheat Roll**  **1 Apple** | **Thursday, February 2nd**  **1/2c Spinach Salad w/ Egg**  **1 svg. Baked Salmon w/ Lemon 3 oz. meat**  **1/2c Dill Potatoes**  **1/2c Peas**  **1 Whole Wheat Dinner Roll**  **1 pc. Applesauce Cake** | **Friday, February 6th**  **1/2c Beet & Onion Salad**  **1 1/2c Chef Salad w/ 3oz. meat and 5oz vegetables and cheese**  **1 Whole Wheat Roll**  **3/4c Cantaloupe**  **1 sl Pumpkin in Cake** |
| **Monday, February 6th**  **1/2c Summer Salad**  **1 svg. Tomato Swiss Steak**  **1 Baked Potato**  **1/2c Baby Carrots**  **1 Dinner Roll**  **1 Banana** | **Tuesday, February 7th**  **1c Garden Salad**  **1/2c Pepper Steak w/ 3oz. meat**  **1/2c Rice**  **1c Green Beans**  **1 Whole Wheat Roll**  **2 Tangerines**  **1 Peanut Butter Cookie** | **Wednesday, February 8th**  **1/2c Pineapple Cole Slaw**  **1/2svg Chicken Cordon Bleu w/ 3oz. meat**  **1 Whole Wheat Roll**  **1/2c Mashed Potatoes**  **1/2c Asparagus**  **1 Orange** | **Thursday, February 9th**  **1/2c Cucumber Salad**  **1c Beef Stir Fry w/ 3 oz. meat and 5 oz. vegetables**  **1/2c Fried Rice**  **1 Whole Wheat Roll**  **1 Apple** | **Friday, February 10th**  **1c Garden Salad**  **1 svg Beef Caldillo w/ 3 oz. meat and 5 oz. vegetables**  **1/2c Spanish Rice**  **1/2c Pinto Beans**  **1 Tortilla**  **1 pc. Blueberry Crisp** |
| **Monday, February 13th**  **1c Tossed Salad**  **1/2c Cheese Stuffed Shells w/ 3 oz. cheese & 2 oz. sauce**  **1/2c Cauliflower**  **1 Whole Wheat Roll**  **1 Chocolate Chip Cookie**  **1/2c Applesauce** | **Tuesday, February 14th**  **1/2c Caesar Salad**  **4 oz. Shrimp Alfredo**  **1/2c Egg Noodles**  **1/2c Green Beans**  **1/2c Mushrooms**  **1 sl. Bread**  **1 svg. Yellow Cake** | **Wednesday, February 15th**  **1/2c Spinach Salad w/ Egg**  **4 oz. Meat Loaf**  **1/2c Mashed Potatoes**  **1/2c Mixed Vegetables**  **1 Whole Wheat Roll**  **1/2c Fruit Cocktail** | **Thursday, February 16th**  **1/2c Lettuce & Tomato**  **1 item Bean & Cheese Burrito w/ 4 oz. beans and 3 oz. cheese**  **1/2c Spanish Rice**  **1/2c Cauliflower**  **1c Grapes** | **Friday, February 17th**  **1c Pineapple Cole Slaw**  **1 svg. BBQ Beef Sandwich w/ 3 oz. meat and 2 sl. Bread**  **1/2c Broccoli**  **2 sl. Red Onion**  **1c Yogurt w/ Fruit** |
| **CLOSED** | **Tuesday, February 21st**  **1/2c Lettuce & Tomato**  **1 svg. Green Enchilada w/ 3 oz. meat**  **1/2c Spanish Rice**  **1/2c Pinto Beans**  **1 Peach** | **Wednesday, February 22nd**  **1/2c Summer Salad**  **1 svg. Chicken and Dumplings w/ 3 oz. meat**  **1/2c Baby Carrots**  **1/2c Broccoli**  **1 Biscuit**  **1 Orange** | **Thursday, February 23rd**  **1/2c Applesauce**  **1 sl. Pork Roast w/ 3oz. meat**  **1/2c Yams**  **1/2c Green Beans**  **1 Whole Wheat Roll**  **1c Grapes** | **Friday, February 24th**  **1/2c Banana Split Salad**  **1 itm. Egg Salad Sandwich w/ 3 med. eggs & 2 sl. bread**  **1 oz. Sun Chips**  **1/2c Cucumber**  **2 sl. Tomatoes**  **3/4c Cantaloupe** |
| **Monday, February 27th**  **1c Garden Salad**  **1c Beefaroni w/ 3 oz. meat & 5 oz. pasta and cheese**  **1/2c Summer Squash**  **1 Whole Wheat Roll**  **1/2c Jello w/ Fruit** | **Tuesday, February 28th**  **1/2c Lettuce and Tomato**  **1 svg. Beef Fajitas w/ 3 oz. meat, 5 oz. vegetables, and 1 tortilla**  **1/2c Pinto Beans**  **1/2c Spanish Rice**  **1 svg. Pico de Gallo w/ Avocado**  **1c Grapes** |  |  |  |

***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:**  **3** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **2** |
| Calories | 700 or more | 796 | 824 | 739 | 761 | 791 |
| % Carbohydrates from Calories | 45-55% | 49.9% | 52.7% | 53.9% | 50.6% | 50.4% |
| % Protein from Calories | 15-25% | 22.3% | 21.5% | 19.5% | 21.3% | 22.1% |
| % Fat from Calories | 25-35% | 27.9% | 25.7% | 26.5% | 28% | 27.4% |
| Saturated Fat | less than 8g | 6.74g | 7.26g | 7.49g | 7.92g | 7.16g |
| Fiber | 10g or more | 11.19g | 12.83g | 10.46g | 11.32g | 11.1g |
| Vitamin B-12 | .8ug or more | 27ug | 2.7g | 2.5ug | 1.69ug | 3.96ug |
| Vitamin A | 300ug RAE or more | 2568ug | 454ug | 457ug | 372ug | 366ug |
| Vitamin C | 30mg or more | 67mg | 106mg | 63mg | 63mg | 133mg |
| Iron | 2.6mg or more | 7.1mg | 6.2mg | 5.8mg | 4.6mg | 6.7mg |
| Calcium | 400mg or more | 540mg | 509mg | 625mg | 571mg | 470mg |
| Sodium | less than 766mg | 597mg | 753mg | 745mg | 712mg | 413mg |

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.

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