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| **SENIOR MEAL SUGGESTED DONATION**  **LUNCH $2.00**  **UNDER 60 YEARS $6.00**  **MENU SUBLECT TO CHANGE**  **LUNCH SERVED FROM**  **11:30 AM - 12:30 PM** | **8 oz. 2% Milk**  **Served with Each Meal** | **LF MILK SERVED WITH EACH MEAL**  **CANNED FRUIT IN LIGHT SYRUP**  **WW = WHOLE WHEAT**  **GC = GREEN CHILI**  **HM = HONEY MUSTARD**  **FF = LOW FAT** |  | **FRIDAY 1**  **4 oz. Chicken Parmesan over**  **1c Pasta**  **w/1 oz. Marinara Sauce**  **1/2c Steamed Italian Veggies**  **1/2c 3 Bean Salad**  **1 Breadstick w/**  **1 tsp. Margarine**  **1/2c Chilled Pineapple** |
| **MONDAY 4**  **Beef Stroganoff**  **(3 oz. Beef, 1 oz. Sauce,**  **1/2c Pasta)**  **1/2c Steamed Cauliflower**  **1/2c Garden Salad w/**  **2T LF Dressing**  **1 Biscuit w/1 tsp. Margarine**  **1/2c Chilled Peaches** | **TUESDAY 5**  **Breakfast for Lunch**  **1 Biscuit w/1 oz. Green Chili and**  **2 oz. Sausage Gravy**  **1/2c Breakfast Potatoes w/**  **1 oz. Cheese**  **1/2c Stewed Tomatoes**  **1c Orange Juice** | **WEDNESDAY 6**  **3 oz. Baked Chicken Breast w/**  **1 oz. Low Sodium Gravy**  **1/2c Rice Pilaf**  **1/2c Steamed Cabbage**  **1c Garden Salad w/2T LF Dressing**  **1 WW Roll w/1 tsp. Margarine**  **1/2c Fresh Apple** | **THURSDAY 7**  **GC Chicken Enchiladas**  **(3 oz. Chicken, 1 oz. Cheese,**  **1 oz. Green Chile,**  **2 Corn Tortillas)**  **1/2c Pinto Beans**  **1/2c Chuckwagon Corn**  **1/2c Shredded Lettuce/Tomato**  **1/2c Chilled Mandarin Oranges** | **FRIDAY 8**  **Chicken Cordon Bleu**  **(1 oz. Chicken, 1 oz. Low Sodium Ham, 1 oz. Cheese)**  **1/2c Scalloped Potatoes**  **1/2c Steamed Veggies**  **1c Garden Salad w/**  **2T LF Dressing**  **1 WW Roll w/1 tsp. Margarine**  **1/2c Chilled Peaches** |
| **MONDAY 11**  **HAPPY VETERANS DAY**  **ALL**  **CENTERS**  **CLOSED** | **TUESDAY 12**  **4 oz. Santa Fe Chicken**  **1/2c Spanish Rice**  **1/2c Zucchini and Onions**  **1c Garden Salad w/**  **2T LF Dressing**  **1 sl. Cornbread w/ 1 tsp. Honey &**  **1 tsp. Margarine**  **1 Fresh Orange** | **WEDNESDAY 13**  **4 oz. Meatloaf**  **1/2c Mashed Potatoes &**  **1 oz. Low Sodium Gravy**  **1/2c Steamed Mixed Veggies**  **1c Garden Salad w/2T LF Dressing**  **1 Biscuit w/Margarine**  **1 Fresh Banana** | **THURSDAY 14**  **4 Cheese Lasagna**  **(3 oz. Cheese, 1 oz. Sauce,**  **1/2c Pasta)**  **1/2c Steamed Italian Veggies**  **1/2c Cucumber, Tomato &**  **Onion Salad**  **1 Breadstick w/ 1 tsp. Margarine**  **1/2c Fresh Grapes** | **FRIDAY 15**  **4 oz. Swedish Meatballs**  **Over 1/2c Fettuccine**  **1/2c Steamed Brussels Sprouts**  **1c Garden Salad w/**  **2T LF Dressing**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Chilled Peaches** |
| **MONDAY 18**  **3 oz. Chicken Fried Steak**  **1/2c Mashed Potatoes w/**  **1 oz. Low Sodium Gravy**  **1/2c Mixed Veggies**  **1c Garden Salad w/**  **2T LF Dressing**  **1 Biscuit s/1 tsp. Margarine**  **1/2c Chilled Fruit Cocktail** | **TUESDAY 19**  **Sandoval County Cobb Salad**  **w/2 oz. Baby Corn, 1 oz. Turkey,**  **1 HB Egg, 4 oz. Lettuce, 2 oz. Tomato, 1 oz. Cheese, and**  **.5 oz. Bacon Bits**  **4 Club Crackers**  **1c Fresh Watermelon**  **1 Oatmeal Raisin Cookie** | **WEDNESDAY 20**  **3 oz. Low Sodium Baked Ham w/**  **1 oz. Pineapple Glaze**  **1/2c Baked Sweet Potato**  **1/2c Steamed Carrots/Peas**  **1c Garden Salad w/2T LF Dressing**  **1 WW Roll w/1 tsp. Margarine**  **1/2c Chilled Applesauce** | **THURSDAY 21**  **Thanksgiving Luncheon**  **3 oz. Turkey**  **1/2c Mashed Potatoes w/1 oz. Gravy**  **1/2c Stuffing w/Cranberries**  **1/2c Green Beans Almandine**  **1/2c Garden Salad w/**  **2T LF Dressing**  **1 WW Roll w/1 tsp. Margarine**  **1 sl. Pumpkin Pie**  **1T Whip Topping** | **FRIDAY 22**  **4 oz. Creole Pork Chop**  **1/2c Roasted Red Potatoes**  **1/2c Steamed Veggies**  **1/2c Garden Salad w/**  **2T LF Dressing**  **1 Biscuit w/1 tsp. Margarine**  **1/2c Apple Slices** |
| **MONDAY 25**  **Fish Filet Sandwich**  **(3 oz. Fish, 1 Bun)**  **1/2c Parslied Red Potatoes**  **1/2c Steamed Veggies**  **1/2c Coleslaw**  **1/2c Chilled Fruit Cocktail** | **TUESDAY 26**  **Breaded Pork Sandwich**  **(3 oz. Pork, 1/2c Lettuce/Tomato, 1 Bun)**  **1/2c Pork and Beans**  **1/2c Steamed Corn**  **1c Garden Salad w/ 2T LF Dressing**  **1 Fresh Banana** | **WEDNESDAY 27**  **Green Chili Stew**  **(3 oz. Beef, 2 oz. Green Chile,**  **1/2c Potato & Onion)**  **1/2c Pinto Beans**  **1c Garden Salad w/ 2T LF Dressing**  **1 Flour Tortilla**  **1 Fresh Orange** | **THURSDAY**  **Thanksgiving**  **All Centers**  **Closed** | **FRIDAY**  **Thanksgiving**  **All Centers**  **Closed** |

***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:**  **1** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **3** |
| Calories | 700 or more | 824 | 784 | 817 | 762 | 797 |
| % Carbohydrates from Calories | 45-55% | 47.4% | 49.3% | 50% | 51.1% | 52% |
| % Protein from Calories | 15-25% | 24.3% | 22% | 20.9% | 19.3% | 22.2% |
| % Fat from Calories | 25-35% | 28.3% | 28.7% | 29% | 29.6% | 25.7% |
| Saturated Fat | less than 8g | 6g | 7.3g | 7.4g | 6.6g | 5.9g |
| Fiber | 10g or more | 10g | 14g | 12g | 13.3g | 15.3g |
| Vitamin B-12 | .8ug or more | 1.9ug | 2ug | 2.7ug | 1.8ug | 2.5ug |
| Vitamin A | 300ug RAE or more | 532.3ug | 648.7ug | 745.4ug | 1063.4ug | 839.6ug |
| Vitamin C | 30mg or more | 47.2mg | 120.4mg | 71.8mg | 38.3mg | 109.3mg |
| Iron | 2.6mg or more | 5.8mg | 5.2mg | 6.6mg | 5.6mg | 6.8mg |
| Calcium | 400mg or more | 445.6mg | 583.1mg | 531.4mg | 467.2mg | 477.6mg |
| Sodium | less than 766mg | 542.9mg | 631.5mg | 575.2mg | 663.9mg | 646.5mg |

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