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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