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|  |  | **WEDNESDAY 1,****Ham & Beans****(2 oz. Low Sodium Ham,** **2 oz. Sauce, 4 oz. Beans)****1/2c Corn on Cob****1 sl. Cornbread w/ 1 tsp. Margarine****1/2c Diced Pears** | **THURSDAY 2,** **4 oz. Spaghetti w/****4 oz. Meat Balls****1c Tossed Salad w/Dressing****1c Spinach****1 sl. Garlic Toast****1c Apricots** | **FRIDAY 3,****3 oz. Baked Fish****1/2c Rice Pilaf****1/2c Carrots w/Almonds****1 sl. White Cake** |
| **MONDAY 6,****Open Faced Green Chile Burger****(3 oz. Beef, 1 oz. Cheese,** **1 oz. Green Chile, ½ Bun)****1/2c Potato Wedges****1c Glazed Carrots****1 Oatmeal Cookie** | **TUESDAY 7,****1c Vegetable Soup****Grilled Cheese Sandwich****(3 oz. Cheese, 2 sl. Bread)****1c Beets****1c Plums** | **WEDNESDAY 8,****4 oz. Beef Burgundy****W/ 1c Pasta****1c Pea & Carrots****1c Strawberry** | **THURSDAY 9,****Chicken Noodle Soup****(3 oz. Chicken, 1 oz. Broth,** **4 oz. Noodles)****6 each Crackers****1c Three Bean Salad****1c Tapioca w/Peach** | **FRIDAY 10,****Senior Center Closed****Veteran’s Day** |
| **MONDAY 13,****3 oz. Chicken Fried Steak****1/2c Mashed Potato w/** **1 oz. Low Sodium Gravy****1/2c Broccoli****1 sl. Bread w/ 1 tsp. Margarine****1/2c Vanilla Pudding** | **TUESDAY 14,****Tuna Noodle****(3 oz. Tuna, 1 oz. Sauce,** **4 oz. Noodles)****1c Tossed Salad w/****2T Low Fat Dressing****6 each Crackers****1/2c Mandarin Oranges** | **WEDNESDAY 15,** **Beef Bailey Soup****(3 oz. Beef, 1 oz. Sauce,** **2 oz. Veggies, 2 oz. Barley)****1/2c Cauliflower****1 WW Roll 1 tsp. Margarine****1/2c Fruit Salad** | **THURSDAY 16,** **Baked Macaroni & Cheese****(2 oz. Cheese, 6 oz. Macaroni)****1/2c Brussel Spouts****1 Sl. Bread w/ 1 tsp. Margarine****1/2c Fruit Cocktail** | **FRIDAY 17,****3 oz. Turkey w/2 oz. Stuffing****1/2c Scalloped Potato****1/2c Green Bean Almandine****1 WW Roll w/ 1 tsp. Margarine****1 sl. Pumpkin Pie** |
| **MONDAY 20,****Chicken Corn Casserole****(3 oz. Chicken, 1 oz. Sauce,** **4 oz. Corn)****1c Spanish Rice****1/2c Baby Carrots****1 sl. Cornbread****1c Plums** | **TUESDAY 21,****Egg Plant Parmesan****(3 oz. Cheese, 1 oz. Sauce,** **4 oz. Egg Plant)****1c Broccoli****1 Garlic Stix****1/2c Peaches** | **WEDNESDAY 22,****Green Chili Stew****(3 oz. Pork, 1 oz. Green Chile,** **2 oz. Potato, 2 oz. Carrot)****1c Chuckwagon Blend****1c Tossed Salad w/Dressing****1c Apple Sauce** | **THURSDAY 23,****Senior Center Closed****Thanksgiving Holiday** | **FRIDAY 24,****Senior Center Closed****Thanksgiving Holiday** |
| **MONDAY 27,** **Chicken Alfredo****(3 oz. Chicken, 1 oz. Sauce,** **4 oz. Noodles)****1/2c California Blend****1c Tossed Salad w/** **2T Low Fat Dressing****1/2c Grapes** | **TUESDAY 28,****Grilled Cheese** **(2 oz. Cheese, 2 sl. Bread)****1c Tomato Soup****1/2c Mixed Vegetables****1/2c Baked Apples** | **WEDNESDAY 29,****4 oz. BBQ Pull Pork****1/2c Baked Beans****1/2c Cream Corn****1 piece Peach Crisp** | **THURSDAY 30,** **Shepherd’s Pie****(3 oz. Beef, 1 oz. Sauce,** **4 oz. Mashed Potatoes)****1/2c Green Peas****1c Tossed Salad w/** **2T Low Fat Dressing****1 Sl. Wheat Bread w/** **1 tsp. Margarine****1sl. Yellow Cake** | **Lunch is served 11 to 12:50****8 oz-2% milk served** **with all meals****Occasionally we must****substitute food items****We are sorry for the****inconvenience** |

 ***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 |
|  |  | **3** | **4** | **5** | **3** | **4** |
| Calories | 700 | 883 | 707 | 733 | 711 | 710 |
| % Carbohydrates from Calories | 45-55% | 46.7% | 49.5% | 50% | 49.5% | 52.1% |
| % Protein from Calories | 15-25% | 20.7% | 24.4% | 21.1% | 24.5% | 21.2% |
| % Fat from Calories | 25-35% | 32.5% | 26.1% | 28.9% | 26.1% | 26.7% |
| Saturated Fat | less than 8g | 6.7g | 7.6g | 7.6g | 7.9g | 7.5g |
| Fiber | 5-7g | 12.7g | 10.3g | 7.2g | 12.6g | 10.9mg |
| Vitamin B-12 | .8ug | 2.5ug | 2.3ug | 2.5ug | 1.7ug | 2ug |
| Vitamin A | 300ug RAE | 850ug | 806ug | 578ug | 955ug | 543ug |
| Vitamin C | 30mg | 32.7mg | 55mg | 33.8mg | 79.4mg | 40.4mg |
| Iron | 2.6mg | 7.6mg | 5.8mg | 5.1mg | 4.7mg | 5.1mg |
| Calcium | 400mg | 535mg | 564mg | 502mg | 697mg | 480mg |
| Sodium | less than 1000mg | 998mg | 814mg | 964mg | 984mg | 937mg |

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