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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***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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