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| **MONDAY** **Turkey Sandwich****(3 oz. Turkey, 2 sl. Bread)****1 oz. Baked Potato Chips****1c Carrot Sticks****1 Apple****2 Oatmeal Raisin Cookie** | **TUESDAY** **Chicken Salad Sandwich****4 oz. Chicken Salad,** **2 sl. Bread)****1/2c Macaroni Salad****6 Crackers****1/2c Apricots****2 Chocolate Chip Cookies** | **WEDNESDAY** **Roast Beef Hoagie Sandwich****(3 oz. Roast Beef, 1 oz. Cheese,** **1 Hoagie)****1c Spinach Salad****1 Orange****6 each Vanilla Wafers** | **THURSDAY****Tuna Salad Sandwich****(4 oz. Tuna Salad, 2 sl. Bread)****1/2c Tomato & Cucumber Salad****1/2c Mango****1/2c Vanilla Yogurt** | **FRIDAY****Beef & Cheese Wrap****(3 oz. Beef, 1 oz. Cheese,** **2 oz. Lettuce, 2 oz. Tomato,** **1 Tortilla)****1/2c Celery Sticks****1/2c Potato Salad****1/2c Mandarin Oranges** |
| **MONDAY****Pimento Cheese Sandwich****(2 oz. Pimento Cheese, 2 sl. Bread)****1/2c Tomato Slices****1 oz. Corn Chips****1 Granola Bar** | **TUESDAY****Turkey Ruben Sandwich****(3 oz. Turkey, 1 oz. Swiss Cheese, 2T Sauerkraut,** **2 sl. Rye Bread)****1/2c Lettuce & Tomato****1/2c Pickled Beets** **1/2c Jell-O w/ Fruit cocktail** | **WEDNESDAY****1 Ham & Cheese Sandwich****(2 oz. Low Sodium Ham,** **1 oz. Cheese, 2 Sl. Bread)****8 oz. Salad w/ 2T Low Fat Dressing****1/2c Hard Boiled Egg****1 S.F. Peanut Butter Cookies** | **THURSDAY****Deli Meat & Cheese Sandwich****(1 oz. Turkey, 1 oz. Ham,** **1 oz. Cheese, 2 sl. Bread)****1/2c Lettuce & Tomato****1c Pasta Salad****1/2c Graham Crackers****1/2c Pineapple** | **FRIDAY** **Chicken Caesar Sandwich****(3 oz. Chicken, 1 oz. Cheese,** **2 oz. Lettuce, 1 oz. Dressing,** **1 Bun)****1 Dill Pickle****4 oz. Marinated Vegetable Salad****6 Crackers****1c Melon** |
| **MONDAY****Ham & Swiss Wrap****(3 oz. Low Sodium Ham,** **1 oz. Swiss Cheese, 2 oz. Lettuce,** **2 oz. Tomato, 1 Tortilla)****1/2c Tomato, Cucumber, Onion &Salad****1/2c Fruited Yogurt** | **TUESDAY** **Vegetarian Sandwich****(2 oz. Cheese, 2 oz. Lettuce,** **2 oz. Tomato, 1 oz. Onion, 1 oz. Pickle, 2 sl. Bread)** **1c Pasta Salad****1/2c Egg Slices****1/2c Strawberries & Bananas** | **WEDNESDAY** **Turkey Salad Sandwich****(4 oz. Turkey Salad,** **2 sl. Bread)****1/2c Lettuce & Tomato****1c Marinated Green Beans****6 Crackers** **2 Oatmeal Raisin Cookie** | **THURSDAY** **BLT Sandwich****(2 oz. Bacon, 2 oz. Lettuce, 2 oz. Tomato, 2 sl. Bread)****1 oz. Corn Chips****1/2c Carrot Sticks****1c Spinach Salad****1/2c Sherbet** | **FRIDAY****Ruben Sandwich****(2 oz. Pastrami, 1 oz. Swiss Cheese, 2T Sauerkraut,** **1T Thousand Island Dressing,****Bread)****1/2c Chips****1/2c Tomato & Onions****1 Peach** |
| **MONDAY****Ham Salad Sandwich****(3 oz. Low Sodium Ham Salad,** **1 oz. Cheese, 2 sl. Bread)****1/2c Lettuce & Tomato****1 oz. Potato Chips****1 Pickle Spear****1 Apple** | **TUESDAY****Chicken Wrap****(4 oz. Chicken, 1 oz. Cheese,** **2 oz. Lettuce, 2 oz. Tomato,** **1 Tortilla)****1/2c Corn Chips****1c Carrots****1/2c Ice Cream** | **Wednesday** **Turkey & Cheese Sandwich****(4 oz. Turkey, 1 oz. Cheese,** **2 sl. Bread)****1/2c Lettuce & Tomato****1c 3 Bean Salad****1 Orange** | **Thursday****Sub sandwich****(1 oz. Ham, 1 oz. Salami, 1 oz. Cheese, 1 Bun)****1/2c Lettuce & Tomato****1/2c Pasta Salad w/ Veggies****1/2c Graham Crackers****1/2c Pineapple** | **FRIDAY****Egg Salad Sandwich****(4 oz. Egg Salad, 2 sl. Bread)****1c Garden Salad w/** **2T Low Fat Dressing****1c Carrot & Celery Sticks****2 Peanut Butter Cookies** |
| **MONDAY** **Beef Salad Sandwich****(4 oz. Beef Salad,** **2 sl. Bread)****1/2c Lettuce & Tomato****1c Cold Orzo** **1/2c Tropical Fruit** | **TUESDAY****3 Cheese Sandwich****(1 oz. Cheddar, 1 oz. Swiss,** **1 oz. American, 2 sl. Bread)****1/2c Lettuce & Tomato****1 oz. Potato Chips****1c Marinated Green Beans** **1 Cupcake** | **WEDNESDAY****Club Wrap****(1 oz. Beef, 1 oz. Cheese, 1 oz. Turkey, 2 oz. Lettuce, 2 oz. Tomato,** **1 Tortilla)****4 oz. Spinach****1/2c Macaroni Salad****4 oz. Plums** | **THURSDAY****Cold Meatloaf Sandwich****(4 oz. Meatloaf, 2 sl.** **1/2c Lettuce & Tomato, 2 sl. Bread)****1/2c Potato Salad w/ Egg****1/2c Cottage Cheese & Fruit** | **FRIDAY** **Ham on Rye Sandwich****(2 oz. Low Sodium Ham, 2 oz. Lettuce, 2 oz. Tomato,** **2 sl. Bread)****1c Pasta Salad****1/2c Tossed Salad w/** **2T Low Fat Dressing****1/2c Fruit Salad** |

**8 oz. 1% Low Fat Milk Served with All Meals**

***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  |  | **5** | **5** | **5** | **5** | **5** |
| Calories | 700 | 714 | 702 | 702 | 700 | 739 |
| % Carbohydrates from Calories | 45-55% | 51.6% | 49.6% | 50.8% | 51% | 50.9% |
| % Protein from Calories | 15-25% | 22.8% | 23.6% | 22% | 23.5% | 23.8% |
| % Fat from Calories | 25-35% | 25.6% | 26.7% | 27.1% | 25.4% | 25.3% |
| Saturated Fat | less than 8g | 7.1g | 8g | 7.8g | 6.6g | 7.7g |
| Fiber | 5-7g | 8.1g | 7.5g | 9.2g | 9.8g | 7.7g |
| Vitamin B-12 | .8ug | 2.1ug | 1.8ug | 2.1ug | 1.8ug | 2.5ug |
| Vitamin A | 300ug RAE | 705ug | 580ug | 788ug | 1015ug | 620ug |
| Vitamin C | 30mg | 51.7mg | 30.4mg | 37.5mg | 53.9mg | 34.2mg |
| Iron | 2.6mg | 5.8mg | 5.5mg | 6.4mg | 5.6mg | 6.5mg |
| Calcium | 400mg | 642mg | 647mg | 777mg | 624mg | 680mg |
| Sodium | less than 1000mg | 857mg | 970mg | 974mg | 970mg | 893mg |

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