|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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***

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