|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday 2,**  **3 oz. Pork Chops**  **1/2c Mashed Potatoes w/**  **1 oz. Low Sodium Gravy**  **1c Spinach**  **1 sl. Bread w/ 1 tsp. Margarine**  **1/2c Tapioca Pudding** | **Tuesday 3,**  **4 oz. Parmesan Chicken**  **1/2c Squash**  **1c Green Beans**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Peaches & Strawberries** | **Wednesday 4,**  **Tacos**  **(3 oz. Beef, 1 oz. Cheese,**  **2 Corn Tortillas)**  **1c Green Chili Hominy**  **1c Salad w/ 2T Low Fat Dressing**  **1 oz. Salsa**  **1 each Brownies** | **Thursday 5,**  **3 oz. Chicken Strips**  **1 Biscuit & 1 oz. Gravy**  **1 oz. Sausage**  **2 oz. Eggs**  **1c Potatoes W/Onion & Peppers**  **1c Fruit Cocktail** | **Friday 6,**  **Green Chile Stew**  **(3 oz. Pork, 1 oz. Green Chile,**  **4 oz. Hominy)**  **1c Salad w/2T Low Fat Dressing**  **1 sl. Cornbread**  **1 each Peanut Butter Bars** |
| **Monday 9,**  **Chili Relleno Casserole**  **(2 oz. Cheese, 2 oz. Green Chile,**  **1 oz. Breading)**  **1/2c Beans**  **1c Salad w/ 2T Low Fat Dressing**  **1/2c Bread Pudding** | **Tuesday 10,**  **Biscuit Pot Pie**  **(3 oz. Chicken, 1 oz. Sauce,**  **1 oz. Crust, 3 oz. Veggies)**  **1/2c Beets**  **1 sl. Angel Food Cake**  **Strawberries W/ 1T Topping** | **Wednesday 11,**  **3 oz. Baked Fish**  **1/2c Macaroni & Cheese**  **1/2c Coleslaw**  **2T Tartar Sauce**  **1 Hushpuppies**  **1/2c Jell-O W/Pineapple** | **Thursday 12,**  **3 oz. Chicken Strips**  **1/2c Mashed Potatoes**  **1 oz. low Sodium Gravy**  **1/2c Peas & Carrots**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Tropical Fruit** | **Friday 13,**  **Taco Soup**  **(3 oz. Beef, 1 oz. Cheese, 2 oz. Potatoes, 2 oz. Veggies)**  **1c Salad w/ 1 tsp Margarine**  **1 Flour Tortilla**  **1 sl. Apple Cake** |
| **Monday 16,**  **Sour Cream Enchiladas**  **(2 oz. Green Chile, 2 oz. Cheese, 2T Sour Cream, 2 Corn Tortillas)**  **1/2c Beans**  **1c Salad w/ 2T Low Fat Dressing**  **1 oz. Salsa**  **1/2c Jell-O Salad** | **Tuesday 17,**  **Spaghetti**  **(4 oz. Meat Sauce, 4 oz. Noodles)**  **1/2c Corn**  **1c Salad w/ 2T Low Fat Dressing**  **1 sl. Garlic Bread**  **1 sl. Fruit Cocktail Cake** | **Wednesday 18,**  **3 oz. Low Sodium Ham**  **1/2c Sweet Potato Casserole**  **1/2c Green Beans**  **1 sl. Cornbread**  **1/2c Cranberry Salad** | **Thursday 19,**  **3 oz. Salmon Patties**  **1 med. Baked Potato**  **1/2c Broccoli & Cauliflower**  **1 sl. Bread w/ Margarine**  **2T Tartar Sauce**  **1/2c Peaches** | **Friday 20,**  **French Dip Sandwich**  **(3 oz. Beef, 1 oz. Cheese, 1 Bun)**  **1 oz. Au Jus**  **1/2c Lett/Tom**  **1/2c French Fries**  **1/2c Spiced Apples** |
| **Monday 23,**  **4 oz. Meatloaf**  **1/2c Scalloped Potatoes**  **1/2c Fried Okra**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Pears** | **Tuesday 24,**  **3 oz. Catfish**  **2T Tartar Sauce**  **1/2c Macaroni & Cheese**  **1/2c Mixed Vegetables**  **1 Sl. Bread w/ 1 tsp. Margarine**  **1/2c Jell-O W/Fruit** | **Wednesday 25,**  **Tater Tot Casserole**  **(3 oz. Beef, 1 oz. Sauce,**  **4 oz. Potatoes)**  **1/2c Mixed Veggies**  **1c Salad w/ 2T Low Fat Dressing**  **12c Vanilla Pudding W/ 1T Topping** | **Thursday 26,**  **3 oz. Turkey & 4 oz. Dressing**  **1 oz. Low Sodium Gravy**  **1/2c Mashed Potatoes**  **1/2c Green Beans**  **1 sl. Pumpkin Bread** | **Friday 27,**  **Chicken Noodle Soup**  **(3 oz. Chicken, 1 oz. Broth,**  **4 oz. Noodles)**  **1/2c Peas**  **6 each Crackers**  **1 Chocolate Chip Bar** |
| **Monday 30,**  **3 oz. Steak Fingers**  **1c Mashed Potatoes w/**  **1 oz. Low Sodium Gravy**  **1/2c Broccoli W/Cheese**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Jell-O Salad** | **Tuesday 31,**  **Hamburger Macaroni**  **(3 oz. Beef, 1 oz. Sauce,**  **4 oz. Macaroni)**  **1/2c Fried Okra**  **1c Carrots**  **1/2c Caramel Apples** |  |  | **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** | **Days in Week: 5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **2** |
| Calories | 700 | 705 | 741 | 745 | 742 | 750 |
| % Carbohydrates from Calories | 45-55% | 45.2% | 48.5% | 52.5% | 48.4% | 50.2% |
| % Protein from Calories | 15-25% | 25.2% | 24% | 21.9% | 23.6% | 24.8% |
| % Fat from Calories | 25-35% | 29.6% | 27.3% | 25.6% | 28% | 25% |
| Saturated Fat | less than 8g | 7.7g | 8g | 7.3g | 7.1g | 7.9g |
| Fiber | 5-7g | 9.5g | 8g | 10.8g | 10.1g | 10.6g |
| Vitamin B-12 | .8ug | 2.2ug | 2.3ug | 3ug | 2.6ug | 3.1ug |
| Vitamin A | 300ug RAE | 751ug | 431mg | 482ug | 432mg | 774ug |
| Vitamin C | 30mg | 68.6mg | 72mg | 73mg | 30mg | 58.3mg |
| Iron | 2.6mg | 5.6mg | 4.8mg | 5.5mg | 5.4mg | 5mg |
| Calcium | 400mg | 595mg | 649mg | 621mg | 506mg | 545mg |
| Sodium | less than 1000mg | 996mg | 935mg | 856mg | 818mg | 772mg |

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