|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY 2,**  **8oz Chicken Pot Pie w/**  **1ea Biscuit**  **4oz Broccoli**  **4oz Chocolate Pudding** | **TUESDAY 3,**  **8oz Goulash**  **4oz Green Beans w/Mushrooms**  **1ea WW Roll**  **6oz Applesauce** | **WEDNESDAY 4,**  **1-4oz Tamales**  **3oz Spanish Rice**  **3oz Pinto Beans**  **4oz Tossed Salad**  **4ea Saltine Crackers**  **1ea Chocolate Chip Cookies** | **THURSDAY 5,**  **1ea Stuffed Bell Peppers**  **4oz Corn**  **4oz Tossed Salad**  **1ea Garlic Bread**  **1ea Angel Food Cake/3oz Straw**  **1 tbsp. Whipped Topping** | **FRIDAY 6,**  **Open Face Hot 3oz Turkey 1pc WW Bread**  **4oz Mashed Potatoes w/**  **2oz Gravy**  **6oz California Blend Vegetables**  **6oz Peaches/Banana** |
| **MONDAY 9,**  **3oz Hamburger Steak w/**  **2oz Mushroom Gravy**  **4oz Brown Rice**  **4oz Peas and Carrots**  **1ea WW Roll**  **6oz Fruit Salad** | **TUESDAY 10,**  **3oz Baked Ham**  **4oz Sweet Potatoes**  **6oz Zucchini**  **2x2 Corn Bread**  **4oz Lemon Pudding** | **WEDNESDAY 11,**  **4oz Green Chile Chicken Enchilada**  **4oz Pinto Beans**  **4oz Tossed Salad**  **4ea Crackers**  **4oz Cherry Jell-O w/Fruit** | **THURSDAY 12,**  **3oz Meatloaf**  **4oz Mashed Potato w/2oz Gravy**  **4oz Broccoli**  **1ea WW Roll**  **6oz Pears** | **FRIDAY 13,**  **6oz Macaroni and Cheese**  **6oz Santa Fe Blend Vegetable**  **6oz Spinach Salad**  **1ea WW Roll**  **1ea Oatmeal cookie**  **3oz Mandarin Oranges** |
| **MONDAY 16,**  **4-1oz Chicken Tenders**  **4oz Mashed Potatoes/2oz Gravy**  **6oz Capri Vegetables**  **1ea WW Roll**  **3oz Vanilla Pudding** | **TUESDAY 17,**  **3ea Swedish Meatball w/Sauce**  **4oz Brown Rice**  **4oz Green Beans**  **4oz Tossed Salad**  **1ea Garlic Bread**  **4oz Sliced Apples** | **WEDNESDAY 18,**  **3oz Chicken, 6oz Fajitas Blend**  **3oz Pinto Beans**  **4oz Tossed Salad**  **1-6’’ Flour Tortilla**  **6oz Fruit Compote** | **THURSDAY 19,**  **3oz Pork Chop w/4oz Stuffing**  **4oz Candied Carrots**  **1ea WW Roll**  **4oz Strawberry Jell-O w/Fruit** | **FRIDAY 20,**  **1oz Chile, 1 Hot Dog 6-1,**  **1oz Cheese**  **4oz Coleslaw w/Pineapple**  **6ea Potato Wedges**  **4oz Plums** |
| **MONDAY 23,**  **3oz Country Fried Steak**  **4oz Mashed Potato w/2oz Gravy**  **4oz California Blend Vegetable**  **1ea WW Roll**  **4oz Pear w/Grape Juice** | **TUESDAY 24,**  **4oz Baked Fish/3oz Rice Pilaf**  **4oz Carrots**  **4oz Tossed Salad**  **1ea WW Roll**  **4oz Mandarin Oranges**  **1ea Oatmeal Cookie** | **WEDNESDAY 25,**  **2oz Smothered Sauce, 2oz Beef &**  **1oz Potato, 8’’ Tortilla Burrito**  **4oz Pinto Beans**  **4oz Tossed Salad**  **6oz Cantaloupe** | **THURSDAY 26,**  **3oz Pork Loin W/2oz Gravy**  **4oz Sweet Potatoes**  **4oz Peas & Onions**  **1ea WW Roll**  **1ea Angel Food Cake/**  **2oz Strawberry**  **1 tsp. Whipped Topping** | **FRIDAY 27,**  **1oz Green Chile, 1Sl Cheese 3oz Burger**  **1ea Lettuce/1 sl. tomato/ 1 sl. Onion/2ea Pickle**  **4oz Potato Salad**  **6oz Peaches/Bananas** |
| **MONDAY 30,**  **8oz Ham and Scalloped Potatoes**  **4oz Broccoli**  **4oz Tossed Salad**  **1ea WW Roll**  **4oz Lemon Pudding** | **TUESDAY 31,**  **3oz Chicken w/**  **2oz Mushroom Gravy**  **4oz Rice Pilaf**  **6oz Zucchini & Tomatoes**  **1ea WW Roll**  **4oz Orange Jell-O w/ Mandarin Oranges** | **Wednesday, Nov 1,**  **8oz Green Chile Stew**  **6oz Mexican Salad**  **2x2 Jalapeno Corn Bread**  **4oz Applesauce** | **Thursday, Nov 2,**  **3oz Swiss Steak**  **4oz Mashed Potato w/2oz Gravy**  **4oz Winter Blend Vegetables**  **4oz Tossed Salad**  **4oz Banana Pudding** | **Friday, Nov 3,**  **3oz Chicken Salad, 2 Sl WW Bread**  **4oz Baked Beans**  **4oz Cucumber Salad**  **1 Sugar Cookie** |

***All meals served with 8oz. 1% Milk***

***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:**  **5** |
| Calories | 700 | 738 | 721 | 722 | 722 | 734 |
| % Carbohydrates from Calories | 45-55% | 50.7% | 52.8% | 53.5% | 50.3% | 50.5% |
| % Protein from Calories | 15-25% | 20.3% | 21% | 20.2% | 22.4% | 23% |
| % Fat from Calories | 25-35% | 28.9% | 26% | 26.1% | 27.1% | 26.3% |
| Saturated Fat | less than 8g | 7.7g | 7.9g | 7.4g | 7.8g | 7.2g |
| Fiber | 5-7g | 13.8g | 11.3g | 11.8g | 10g | 10.2g |
| Vitamin B-12 | .8ug | 2ug | 2.4ug | 2ug | 2.9ug | 2.1ug |
| Vitamin A | 300ug RAE | 547ug | 516ug | 730ug | 751mg | 337ug |
| Vitamin C | 30mg | 76.7mg | 67mg | 61.1mg | 65.2mg | 48.8mg |
| Iron | 2.6mg | 5mg | 4.8mg | 4.6mg | 5.4mg | 4.9mg |
| Calcium | 400mg | 435mg | 471.9mg | 497mg | 466mg | 479mg |
| Sodium | less than 1000mg | 845mg | 693mg | 933mg | 935mg | 971mg |

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