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

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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** | **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