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| --- | --- | --- | --- | --- |
|  | **Tuesday 1,****3 oz. Chicken Adovada****1/2c Pinto Beans****1 Tortilla****1/2c Strawberries** | **Wednesday 2,** **Grilled Ham & Cheese****3/4c Chicken Noodle Soup****6 each Crackers****1 sl. Chocolate Cake** | **Thursday 3,** **3 oz. Baked Dill Fish****1/2c Tatar Sauce****1/2c Papas Fritas****1/2c Coleslaw****1 sl. Wheat Bread w/** **1 tsp. Margarine****1/2c Apricots** | **Friday 4,** **3 oz. Chicken Nuggets****1/2c tatar Tpts****1/2c Celery w/ 2T Ranch****1 Roll w/ 1 tsp. Margarine****1/2 c Orange** |
| **Monday 7,** **4 oz. Pork Chop Suey****/12c Rice****1/2c Broccoli w/ 1 tsp. Margarine****3/4c Cantaloupe****1/2c Strawberry Yogurt** | **Tuesday 8,** **Turkey Wrap****(;3 oz. turkey, 1 oz. Cheese, 1/2c Lettuce & Tomato, 1 Tortilla)****1 oz. Chips****1/2c pasta Salad****1/2c Peach** | **Wednesday 9,** **1c Beef Barley Soup****(4 oz. beef, 1 oz. Barley, 3 oz. Broth)** **1/2c Brussel Sprouts****1/2c Scalloped potatoes****6 Crackers****1/2c Banana Pudding** | **Thursday 10,** **Taco Salad****(2 oz. Beef, 1 oz. Cheese, 2 oz. Lettuce, 2 oz. Tomato, 1 oz. Tortilla Chip)****1/2c Onion Rings****1/2c Squash w/ Zucchini****1/2c Pear** | **Friday 11,** **Chili Dog****(1 Frank, 2 oz. Chili, 1 oz. Cheese, 1 Bun)****1/2c Parmesan Potatoes****1/2c Carrot Coins****1/2c Applesauce** |
| **Monday 14,** **Chicken Salad Sandwich****(4 oz. Chicken Salad, 2 sl. Bread)****1/2c Lettuce & Tomato****1/2c Pea Salad****1/2c Apples** | **Tuesday 15,** **3 oz. Low Sodium Glazed ham****1/2c Cauliflower****1/2c Au Gratin Potatoes****1/2c Stuffing****1c Watermelon** | **Wednesday 16,** **Cheese Burger****(3 oz. Beef, 1 oz. cheese, 1 Bun)****1/2c Lettuce & Tomato****1 oz. Onion, 1 oz. Pickle****1/2c French Fries****1c Cantaloupe** | **Thursday 17,****Hamburger Macaroni****(3 oz. Beef, 1 oz. Sauce,** **4 oz. Macaroni)****1/2c Parsley Potatoes****1/2c Potato Salad****1 Roll w/ 1 tsp. Margarine****1/2c Pineapple** | **Friday 18,** **Green Chile Enchiladas****(3 oz. Chicken, 1 oz. Cheese, 1 oz. Green Chile, 2 Corn Tortillas)****1/2c Spanish Rice****1/2c Pinto Beans****6 Crackers****1/2c Plums** |
| **Monday 21,****Pigs In A Blanket****(1 Frank, 1 Biscuit)****1/2c Tatar Tots****1/2c mixed Vegetables****1/2c Fruit Cocktail** | **Tuesday 22,****Pork Stew****(3 oz. Pork, 1 oz. Green Chile Sauce, 2 oz. Veggies, 2 oz. Potatoes)****6 Crackers****1 sl. Upside-Down Cake** | **Wednesday 23,****3 oz. Chicken Strips****1/2c mashed Potatoes****1 oz. Gravy****1/2c Peas & Carrots****1 sl. Wheat Bread w/ 1 tsp. Margarine****/12c Apricots** | **Thursday 24,****Chicken Macaroni****(3 oz. Chicken, 1 oz. Sauce,** **4 oz. Macaroni)****1/2c Cucumber Salad****1/2c Corn****1 Granola Bar** | **Friday 25,****Ravioli & Tomato Sauce****Steamed Bell Pepper & Onion****1/2c Vegetables Blend****1/2c Jell-O w/ Fruit** |
| **Monday 28,****Hamburger Steak w/****1 oz. Gravy****1/2c Rice****1/2c Capri Vegetables****1 Roll w/ 1 tsp. Margarine****1 Peanut Butter Cookie** | **Tuesday 29,****Sausage Pizza****1/2c Salad w/ 2T Low Fat Dressing****1 sl. Garlic Bread****1 Cupcake** | **Wednesday 30,** | **Thursday 31,** | **ALL MEALS SERVED WITH** **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: 4** |
| Calories | 700 |  |  |  |  |  |
| % Carbohydrates from Calories | 45-55% |  |  |  |  |  |
| % Protein from Calories | 15-25% |  |  |  |  |  |
| % Fat from Calories | 25-35% |  |  |  |  |  |
| Saturated Fat | less than 8g |  |  |  |  |  |
| Fiber | 5-7g |  |  |  |  |  |
| Vitamin B-12 | .8ug |  |  |  |  |  |
| Vitamin A | 300ug RAE |  |  |  |  |  |
| Vitamin C | 30mg |  |  |  |  |  |
| Iron | 2.6mg |  |  |  |  |  |
| Calcium | 400mg |  |  |  |  |  |
| Sodium | less than 1000mg |  |  |  |  |  |

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