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| --- | --- | --- | --- | --- |
|  |  | **WEDNESDAY 1,**  **8oz Green Chile Stew**  **6oz Mexican Salad**  **2x2 Jalapeno Corn Bread**  **4oz Applesauce** | **THURSDAY 2,**  **3oz Swiss Steak**  **4oz Mashed Potato w/2oz Gravy**  **4oz Winter Blend Vegetables**  **4oz Tossed Salad**  **4oz Banana Pudding** | **FRIDAY 3,**  **3oz Chicken Salad/ 2 Sl. WW Bread**  **4oz Baked Beans**  **4oz Cucumber Salad**  **1 Sugar Cookie** |
| **MONDAY 6,**  **3ea Beef Raviolis**  **6oz California Blend Vegetables**  **6oz Spinach Salad**  **1ea WW Roll**  **6oz Peaches** | **TUESDAY 7,**  **3oz Pork Chops**  **4oz Mashed Potatoes w/ 2oz Gravy**  **6oz Candied Carrots**  **1ea WW Roll**  **6oz Fruit Salad** | **WEDNESDAY 8,**  **3oz Beef/ 6oz Fajitas Blend**  **4oz Pinto Beans**  **4oz Tossed Salad**  **1-6” Tortilla**  **4oz Vanilla Pudding** | **THURSDAY 9,**  **8oz Chicken Noodle Casserole**  **4oz Winter Blend Vegetables**  **1ea WW Roll**  **1pc Angel Food Cake/ 2 oz. Peaches/1 Tbsp. Topping** | **FRIDAY 10,**  **Celebrating Veterans Day**  **3oz Roast Beef**  **4oz Mashed Potato w/2oz Gravy**  **4oz Peas & Pearl Onions**  **1ea WW Roll**  **3oz Cherry Cobbler** |
| **MONDAY 13,**  **8oz Tater Tot Casserole**  **6oz Oriental Blend Vegetable**  **1ea WW Roll**  **6oz Apple/Pears** | **TUESDAY 14,**  **3oz Baked Chicken**  **4oz Parsley Potatoes**  **4oz Spinach Salad**  **1ea WW Roll**  **1pc Pound Cake w/**  **3oz Cherries/**  **1T Topping** | **WEDNESDAY 15,**  **4oz Green Chile Beef Enchilada**  **4oz Pinto Beans**  **4oz Tossed Salad**  **4ea Crackers**  **4oz Apricots** | **THURSDAY 16,**  **4oz Baked Fish**  **3oz Rice Pilaf**  **4oz Sliced Carrots**  **4oz Tossed Salad**  **1ea WW Roll**  **4oz Mandarin Oranges**  **1ea Oatmeal Cookie** | **FRIDAY 17,**  **2oz Green Chile, 1oz Cheese 3oz Burger**  **2oz Lettuce/2oz Tomato**  **1oz Onion/1oz Pickle**  **4oz Sweet Potato Fries**  **3oz Rice Pudding** |
| **MONDAY 20,**  **3oz Country Fried Steak**  **4oz Mashed Potatoes w/ 2oz Gravy**  **4oz Spinach**  **1ea 4oz WW Roll**  **Pears w/Grape Juice** | **TUESDAY 21,**  **8oz Posole**  **4oz Chuck Wagon corn**  **1-6’’ WW Flour Tortilla**  **4oz Tossed Salad**  **6oz Fruit Compote** | **WEDNESDAY 22,**  **3oz Turkey and 2oz Dressing**  **4oz Mashed Potatoes w/**  **2oz Gravy**  **4oz Green Beans**  **1oz Cranberry Sauce**  **4oz Fruit Salad w/Whipped Topping** | **THURSDAY 23,**  **CLOSED**  **THANKSGIVING** | **FRIDAY 24,**  **CLOSED**  **THANKSGIVING** |
| **MONDAY 27,**  **8oz Tuscan Chicken Pasta**  **4oz Broccoli Florets**  **4oz Tossed Salad**  **1ea Garlic Bread**  **4oz Sliced Apples** | **TUESDAY 28,**  **3oz Hamburger Steak**  **2oz Mushroom Gravy**  **4oz Brown Rice**  **4oz Peas and Carrots**  **1ea WW Roll**  **4oz Banana Pudding** | **WEDNESDAY 29,**  **6oz Asado**  **4oz Pinto Bean**  **4oz Tossed Salad**  **4ea Crackers**  **4oz Pineapple w/**  **2oz Cottage Cheese** | **THURSDAY 30,**  **3oz Meat Loaf**  **4oz Mashed Potatoes w/ 2oz Gravy**  **4oz Green Beans**  **1ea WW Roll**  **6oz Plums** | **FRIDAY, Dec 1,**  **4oz Fish, 1 Bun Sandwich**  **4oz Mixed Vegetables**  **6ea Potato Wedges**  **6oz Assorted Fruit** |

***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:**  **3** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **3** | **Days in Week:**  **5** |
| Calories | 700 | 734 | 720 | 736 | 734 | 726 |
| % Carbohydrates from Calories | 45-55% | 50.5% | 50.2% | 50.5% | 52.6% | 50.6% |
| % Protein from Calories | 15-25% | 23% | 18.5% | 22.9% | 21.2% | 24.1% |
| % Fat from Calories | 25-35% | 26.3% | 26.3% | 26.5% | 26% | 25.2% |
| Saturated Fat | less than 8g | 7.2g | 7.8g | 7.8g | 7.8g | 7.7g |
| Fiber | 5-7g | 10.2g | 11.4g | 12.7g | 10.7g | 12.1g |
| Vitamin B-12 | .8ug | 2.1ug | 2.5ug | 3.1ug | 1.9ug | 3.2ug |
| Vitamin A | 300ug RAE | 337ug | 790ug | 670ug | 537ug | 637ug |
| Vitamin C | 30mg | 48.8mg | 65.3mg | 57.5mg | 60mg | 65.5mg |
| Iron | 2.6mg | 4.9mg | 5.7mg | 6.4mg | 4.9mg | 5.7mg |
| Calcium | 400mg | 479mg | 490mg | 561mg | 443mg | 477mg |
| Sodium | less than 1000mg | 971mg | 704mg | 839mg | 972mg | 802mg |

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