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| --- | --- | --- | --- | --- |
| **MONDAY 2,**  **Goulash**  **(3 oz. Beef, 1 oz. Sauce,**  **4 oz. Veggies)**  **1/2c Pasta**  **1c Green Beans**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1/2c Vanilla Pudding** | **TUESDAY 3,**  **Chicken Casserole**  **(3 oz. Chicken, 1 oz. Sauce,**  **4 oz. Noodles)**  **1/2c Broccoli**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1/2c Sliced Apples** | **WEDNESDAY 4,**  **Rigatoni**  **(3 oz. Beef, 1 oz. Sauce, 4 oz. noodles)**  **1c Garden Salad**  **1 WW Dinner Roll w/ 1 tsp. Margarine**  **1 piece Peach Cobbler** | **THURSDAY 5,**  **3 oz. Pork Cutlet w/**  **1 oz. Low Sodium Gravy**  **1/2c Potatoes**  **1/2c Seasoned Peas**  **1 sl. Chocolate Cake** | **FRIDAY 6,**  **3 oz. Chicken Fried Steak**  **1/2c Potatoes**  **1c Peas & Carrots**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1 Oatmeal Cookie** |
| **MONDAY 9,**  **Hamburger Mac**  **(3 oz. Beef, 1 oz. Sauce)**  **1/2c Egg Noodle**  **1c Peas & Carrots**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1c Pineapple** | **TUESDAY 10,**  **3 oz. Chicken w/**  **1 oz. Low Sodium Sauce**  **1c Rice**  **1/2c Carrots**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1/2c Cherry Cobbler** | **WEDNESDAY 11,**  **3 oz. Salisbury Steak**  **1/2c Potatoes**  **1/2c Mixed Vegetables**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1/2c Pears** | **THURSDAY 12,**  **3 oz. Low Sodium Ham**  **1/2c Macaroni & Cheese**  **1c Green Beans**  **1 sl. Carrot Cake** | **FRIDAY 13,**  **Lasagna**  **(3 oz. Beef, 1 oz. Cheese,**  **1 oz. Sauce, 3 oz. Noodles)**  **1c Garden Salad**  **w/ 2T Low Fat Dressing**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1 Chocolate Chip Cookie** |
| **MONDAY 16,**  **Fiesta Burger**  **(3 oz. Beef, 1 oz. Cheese,**  **1 oz. Peppers, 1 Bun)**  **1/2c Pinto Beans**  **1/2c Calabacitas**  **1/2c Tapioca Pudding** | **TUESDAY 17,**  **3 oz. Baked Fish Fillet w/**  **1 oz. Low Sodium Gravy**  **1c Rice**  **1/2c Green Peas**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1 sl. Carrot Cake** | **WEDNESDAY 18,**  **Chicken Corn Casserole**  **(3 oz. Chicken, 1 oz. Sauce,**  **4 oz. Corn)**  **1/2c Carrots**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1 each Lemon Bars** | **THURSDAY 19,**  **Hamburger Stew**  **(3 oz. Beef, 1 oz. Sauce,**  **2 oz. Potato, 2 oz. Onion)**  **1 sl. Corn Bread w/**  **1 tsp. Margarine**  **1 piece Apple Cobbler** | **FRIDAY 20,**  **3 oz. Pork Chop**  **1/2c Mashed Potatoes**  **1/2c Carrots**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1 Peanut Butter Cookie** |
| **MONDAY 23,**  **4 oz. Pepper Steak**  **1c Rice**  **1/2c Carrots**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1/2c Vanilla Pudding** | **TUESDAY 24,**  **4 oz. BBQ Chicken**  **1/2c Potatoes**  **1/2c Yellow Squash**  **1 sl. Cornbread w/**  **1 tsp. Margarine**  **1c Fresh Grapes** | **WEDNESDAY 25,**  **Ham Casserole**  **(3 oz. Low Sodium Ham,**  **1 oz. Sauce, 4 oz. Noodles)**  **1c Garden Salad**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1 sl. Strawberry Short Cake** | **THURSDAY 26,**  **3 oz. Chicken Cutlet w/**  **1 oz. Low Sodium Gravy**  **1c Rice**  **1/2c Carrot**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1/2c Cinnamon Apples** | **FRIDAY 27,**  **4 oz. Meatloaf**  **1/2c Mashed Potatoes**  **1c Green Bean**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1/2c Chocolate Pudding** |
| **MONDAY 30,**  **4 oz. Chicken and**  **4 oz. Vegetables**  **1c Pasta**  **1 sl. Pound Cake w/**  **2 oz. Strawberries** | **TUESDAY 31,**  **Mexican**  **Lasagna Skillet**  **(3 oz. Beef, 1 oz. Green Chile,**  **1 oz. Sauce, 1 oz. Cheese,**  **4 oz. Noodles)**  **1c Salad w/ 2T Low Fat Dressing**  **1 sl. Pumpkin Spice Cake** |  |  | **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 | 752 | 738 | 733 | 740 | 711 |
| % Carbohydrates from Calories | 45-55% | 51.7% | 50.9% | 49.5% | 51.9% | 46.6% |
| % Protein from Calories | 15-25% | 23.1% | 23.9% | 24.6% | 22.2% | 25.2% |
| % Fat from Calories | 25-35% | 25.1% | 25.1% | 25.9% | 25.9% | 28.2% |
| Saturated Fat | less than 8g | 6.9g | 7.3g | 7g | 6.1g | 8g |
| Fiber | 5-7g | 6.2g | 9.1g | 8.5g | 8.1g | 7.1g |
| Vitamin B-12 | .8ug | 2.8ug | 2.7ug | 2.7ug | 2.4ug | 2.7ug |
| Vitamin A | 300ug RAE | 479ug | 610ug | 471ug | 620ug | 595ug |
| Vitamin C | 30mg | 37mg | 41.2mg | 38.9mg | 32.5mg | 59mg |
| Iron | 2.6mg | 6.2mg | 5.6mg | 5.5mg | 5.1mg | 5.8mg |
| Calcium | 400mg | 470mg | 487mg | 527mg | 490mg | 501mg |
| Sodium | less than 1000mg | 544mg | 777mg | 847mg | 897mg | 616mg |

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