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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***

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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:****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