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| **MONDAY 2,**  **Ham & Swiss Sandwich**  **(2 oz. Low Sodium Ham,**  **1oz. Cheese, 1 Bun)**  **1/2c Lettuce, Tomato, Pickle**  **1 oz. Potato Chips**  **1/2c Orange** | **TUESDAY 3,**  **4 oz. Teriyaki Chicken**  **1c Rice**  **1c Mixed Vegetables**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Pineapple** | **WEDNESDAY 4,**  **Chef Salad**  **(1 oz. Low Sodium Ham, 1 oz. Turkey, 1 oz. Cheese, 4oz. Lettuce, 4 oz. tomato, 2T ow Fat Dressing)**  **6 Wheat Crackers**  **1/2c Peaches** | **THURSDAY 5,**  **4 oz. Beef Stroganoff w/1c Pasta**  **1/2c Broccoli**  **1 sl. WW Bread w/**  **1 tsp. Margarine**  **1/2c Fruit Cocktail** | **FRIDAY 6,**  **4 oz. Baked Fish**  **1/2c Coleslaw**  **1/2c Tatar Tots**  **1/2c Yellow Squash**  **1/2c Plums** |
| **MONDAY 9,**  **Chicken Quesadilla**  **(3 oz. Chicken, 1 oz. Cheese,**  **1 Tortilla)**  **1 oz. Salsa**  **1/2c Spanish Rice**  **1/2c Zucchini**  **1/2c Jell-O** | **TUESDAY 10,**  **2 oz. Bratwurst**  **1/2c Sauerkraut**  **1c Baby Carrots**  **1/2c Potato Salad**  **1/2c Baked Apple** | **WEDNESDAY 11,**  **4 oz. Breaded Pork Chops**  **1/2c Scalloped Potato**  **1c Green Beans**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Pineapple Tidbits** | **THURSDAY 12,**  **Stuffed Bell Pepper**  **(2 oz. Bell Pepper, 3 oz. Beef,**  **1 oz. Tomato)**  **1/2c Butter Peas**  **1/2c Sliced Carrots**  **1 WW Bread w/ 1 tsp. Margarine**  **1 med Banana** | **FRIDAY 13,**  **4 oz. Patty Melt**  **2 oz. Green Chili**  **1/2c Coleslaw**  **1/2c Green Beans**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Vanilla Pudding** |
| **MONDAY 16,**  **4 oz. Salisbury Steak**  **1/2c Au Gratin Potato**  **1/2c Brussel Sprout**  **1 sl. WW Bread w/**  **1 tsp. Margarine**  **1/2c Apricots** | **TUESDAY 17,**  **Pigs in a Blanket**  **(1 Frank, 1 Biscuit)**  **1 oz. Potato Chips**  **1/2c Butter Baby Carrots**  **1/2c Sliced Pears** | **WEDNESDAY 18,**  **Enchilada Casserole**  **(3 oz. Beef, 1 oz. Cheese, 1oz Red Chile, 2 Corn Tortillas)**  **1/2c Broccoli**  **1 Oatmeal Cookie**  **1/2c Applesauce** | **THURSDAY 19,**  **3 oz. Fried Chicken**  **1/2c Mashed Potato**  **1/2c Green Beans**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Rice Pudding** | **FRIDAY 20,**  **Sloppy Joe**  **(3 oz. Beef, 1 oz. Sauce, 1 Bun)**  **1/2c Potato Wedge**  **1/2c Corn**  **1/2c Green Bean**  **1/2c Mandarin Orange** |
| **MONDAY 23,**  **Tacos**  **(3 oz. Beef, 1 oz. Cheese,**  **2 Corn Tortillas)**  **1 oz. Salsa**  **1c Yellow Squash**  **1c Three Bean Salad**  **1 sl. White Cake** | **TUESDAY 24,**  **Pork Posole**  **(3 oz. Pork, 1 oz. Red Chile,**  **4 oz. Hominy**  **1c Beet Salad**  **1 Flour Tortilla w/**  **1 tsp. Margarine**  **1/2c Peaches** | **WEDNESDAY 25,**  **4 oz. Meat Loaf**  **1/2c Mashed Potato**  **1/2c Carrot Salad**  **1 WW Roll w/ 1 tsp. Margarine** | **THURSDAY 26,**  **Tuna Salad Sandwich**  **(4 oz. Tuna Salad, 2 sl. Bread)**  **1/2c Lettuce, Tomato, Pickle**  **1 oz. Potato Chips**  **1/2c Apples** | **FRIDAY 27,**  **Tamales**  **(3 oz. Pork, 1 oz. Red Chile,**  **1 oz. Masa)**  **1/2c Spanish Rice**  **1/2c Refried Beans**  **1/2c Jell-O** |
| **MONDAY 30,**  **Chicken Salad Sandwich**  **(4 oz. Chicken Salad,**  **1 Pita Bread)**  **1/2c Lettuce, Tomato**  **1/2c Tatar Tots**  **1 med Orange** | **TUESDAY 31,**  **Lasagna**  **(3 oz. Beef, 1oz. Cheese, 1 oz. Sauce, 4 oz. Noodles)**  **1/2c Diced Beets**  **1 Garlic Stix**  **1 sl. Chocolate Cake** |  | **Occasionally we must**  **substitute food items**  **We are sorry for the**  **inconvenience** | **Lunch is served 11 to 12:50**  **8 oz-2% 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 | 704 | 701 | 704 | 714 | 728 |
| % Carbohydrates from Calories | 45-55% | 47.8% | 48.6% | 48.6% | 54.1% | 46% |
| % Protein from Calories | 15-25% | 25.2% | 24.4% | 22.3% | 21.8% | 21.5% |
| % Fat from Calories | 25-35% | 27% | 27% | 29% | 33.1% | 32.5% |
| Saturated Fat | less than 8g | 6.1g | 7.1g | 7.9g | 7.3g | 7.7g |
| Fiber | 5-7g | 9.3g | 11.5g | 9g | 9.1g | 8.1g |
| Vitamin B-12 | .8ug | 2.4ug | 2.6ug | 2.8ug | 2.5ug | 2.4ug |
| Vitamin A | 300ug RAE | 478ug | 392ug | 374ug | 467ug | 568ug |
| Vitamin C | 30mg | 61.7mg | 92.4mg | 47.4mg | 43.1mg | 68mg |
| Iron | 2.6mg | 5.3mg4 | 5.5mg | 5.1mg | 5.2mg | 6.2mg |
| Calcium | 400mg | 498mg | 475mg | 508mg | 470mg | 501mg |
| Sodium | less than 1000mg | 757mg | 941mg | 754mg | 920mg | 764mg |

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