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| --- | --- | --- | --- | --- |
| **Monday 1, 2020**  **½ Cup Tossed Salad**  **5.3oz Red Chili Meat**  **½ cup Spanish Rice**  **I/2 Cup Pinto Beans**  **1 Tortilla**  **¾ Cup Cantaloupe** | **TUESDAY 2, 2020**  **½ Cup Garden Salad**  **3oz Steak Ranchero**  **1 Baked Potato**  **½ Cup Carrots**  **1 Dinner Roll**  **1 Banana** | **WEDNESDAY 3, 2020**  **1/2Cup Summer Salad**  **1 Cup Chicken Primavera with 3oz of chicken**  **½ cup Linguine**  **½ Cup Brussels Sprouts**  **1 Dinner Roll**  **1Orange** | **THURSDAY 4, 2020**  **½ Cup Summer Salad**  **1 Cup Pepper Steak with 3oz of meat**  **½ Cup Steamed Rice**  **½ Cup Green Beans**  **1 Oatmeal Cookie** | **FRIDAY 5, 2020**  **½ Cup Spinach Salad**  **3oz Turkey Roast**  **½ cup Cornbread Dressing**  **½ Cup Peas**  **1Whole Wheat Roll**  **½ Cup Fruit Cocktail** |
| **MONDAY 8, 2020**  **½ Cup Garden Salad**  **1 Cup Chicken, Bacon Casserole with 3oz of chicken or more**  **½ Cup Squash with Corn**  **1 Honey Biscuit**  **1 Nectarine** | **TUESDAY 9, 2020**  **½ Cup Pineapple Cole Slaw**  **3oz Pork Roast**  **1/2 cup Yam**  **½ Cup Green Beans**  **1 Dinner Roll**  **1 Sl Spice Cake with Topping** | **WEDNESDAY 10, 2020**  **3oz Serving Beef Fajita**  **½ Cup of Peppers& Onions**  **½ Cup Spanish Rice**  **½ Cup Pinto Beans**  **1Tortilla**  **1 Svg of Pico De Gallo with Avocado**  **¾ cup Grapes** | **THURSDAY 11, 2020**  **½ Cup Beets & Onions Salad**  **3oz of Chicken with Marsala sauce**  **½ cup Penne Pasta**  **½ Cup Broccoli**  **1 Whole Wheat Roll**  **¾ cup Honey Dew Melon** | **FRIDAY 12, 2020**  **1/2 Cup Lettuce & Tomato**  **3oz of meat with Enchilada**  **½ Cup Spanish Rice**  **½ Cup Pinto Beans**  **½ Cup Sherbet** |
| **MONDAY 15, 2020**  **½ Cup Cucumber Salad**  **1 cup Chicken Chow Mein with 3oz of chicken**  **½ cup Fried Rice**  **1 Vegetable Egg Roll with 1/2cup vegetables**  **1 Apple** | **TUESDAY 16, 2020**  **½ Cup Garden Salad**  **3oz meat with Lasagna sauce**  **½ cup Cauliflower**  **1 Dinner Roll**  **½ Cup Apricots** | **WEDNESDAY 17, 2020**  **½ Cup Summer Salad**  **4oz or more Meat Loaf**  **½ Cup Mashed Potatoes**  **½ Cup Mixed Vegetables**  **1 Whole Wheat Roll**  **½ Cup Fruit Salad** | **THURSDAY 18, 2020**  **½ Cup Banana Split Salad**  **(1/2 cup vegetables in salad)**  **3oz or more of Egg Salad with 1 Bun**  **½ Cup Sliced Tomato & Cucumber**  **1oz of Sun Chips**  **1 Chocolate Chip Cookie** | **FRIDAY 19, 2020**  **1/2 Cup Potato Salad**  **3oz or more of meat BBQ Beef I Bun**  **½ Cup ranch Beans**  **2oz of sliced Red onions**  **¾ Watermelon** |
| **MONDAY 22, 2020**  **½ Cup Garden Salad**  **1cup of Chicken Pot Pie with 3oz of chicken**  **½ Cup Spinach**  **1 Whole Wheat Roll**  **½ Cup Baked Cinnamon Apple** | **TUESDAY 23, 2020**  **½ Cup Lettuce & Tomato**  **3oz of meat with Red Enchilada**  **½ Cup Spanish Rice**  **½ Cup Pinto Beans**  **1 Svg Cherry Crisp** | **WEDNESDAY 24, 2020**  **½ Cup Spinach Salad with Egg**  **3oz of meat Stuffed Cabbage Roll**  **½ Cup oven Roasted Potatoes**  **½ Cup Carrots**  **1Dinner Roll**  **1 Oatmeal Cookie** | **THURSDAY 25, 2020**  **½ Cup Beets & Onion’s Salad**  **1 1/2 Cup Chef’s Salad with 3oz Turkey, 1/2 Egg, Cheese, Vegetables**  **1 Whole Wheat Roll**  **1 Tangerine**  **1Sl of Applesauce Cake** | **FRIDAY 26, 2020**  **½ Cup Pea Salad**  **3oz of Roast Beef**  **1cup of Potatoes, Carrots, Celery, Onion’s**  **1 Honey Biscuit**  **1 Apple** |
| **MONDAY 29, 2020**  **½ Cup Spinach Salad with Egg**  **3oz Baked Salmon**  **½ Cup Dill Potatoes**  **½ Cup Asparagus**  **1 Whole Wheat Roll**  **½ Cup Apricots** | **TUESDAY 30, 2020**  **½ Cup Garden Salad**  **3oz of chicken with Curried sauce**  **½ cup Egg noodles**  **½ cup Peas & Carrots**  **1 Whole Wheat Roll**  **½ cup Diced Pears** |  | **8oz. 1% 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 or more | 729 | 803 | 763 | 733 | 742 |
| % Carbohydrates from Calories | 45-55% | 49.8% | 52% | 50.3% | 51.9% | 49.7% |
| % Protein from Calories | 15-25% | 24.6% | 21.3% | 21.6% | 19.9% | 25% |
| % Fat from Calories | 25-35% | 25.5% | 26.3% | 28.1% | 28.2% | 25.3% |
| Saturated Fat | less than 8g | 6.5g | 7.1g | 7.2g | 7.6g | 5.2g |
| Fiber | 10g or more | 11.4g | 11.2g | 11.1g | 11.2g | 10.9g |
| Vitamin B-12 | .8ug or more | 1.9ug | 2.3ug | 2.8ug | 2.3ug | 3.4ug |
| Vitamin A | 300ug RAE or more | 534.2ug | 320.2ug | 457.4ug | 1404ug | 664.9ug |
| Vitamin C | 30mg or more | 93.6mg | 80mg | 65.7mg | 54mg | 89.3mg |
| Iron | 2.6mg or more | 6.3mg | 5.5mg | 5.7mg | 5.7mg | 5.6mg |
| Calcium | 400mg or more | 469.6mg | 550.9mg | 494.3mg | 517.9mg | 437.1mg |
| Sodium | less than 766mg | 580.1mg | 575.8mg | 736.4mg | 605.8mg | 489.8mg |

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