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| --- | --- | --- | --- | --- |
|  | Tuesday October 13oz Breaded Cod w/ lemon 1/3c Scalloped Potatoes3/4c Green Beans, 1/8c onions1c Coleslaw w/ 2 TBSP dressingWheat RollBanana  | Wednesday October 21/2c Cheese Tortellini w/ 4oz Meaty Marinara (2oz Beef, 1/4c NAS Marinara Sauce)1c Italian Veggies3/4c Tossed salad w/ 1 TBSP light Italian dressingWheat roll w/ 1 tsp margarine1c Cantaloupe and Grapes  | Thursday October 38oz Sweet & Sour Pork1c Sweet and Sour Pork(3oz Pork, 3/4c onions, red &green bell peppers, green onions, sesame seeds, sauce)1c Brown Rice1c Asian Veggies1c Mandarin Oranges | Friday October 44oz Swedish Meatballs(3oz meatballs, 1oz Sauce) 3/4c Egg Noodles1/3c Peas Spinach Salad(1c Spinach, 1 TBSP cranberries, 1/4c Red onion, ¼ HB Egg), 2 TBSP Light Raspberry Vinaigrette)Wheat Roll1c Tropical Fruit Salad |
| Monday October 72oz Polish Sausage2 TBSP Sauerkraut1/2c Parsley Potatoes1/2c CarrotsWheat Roll w/ 1tsp unsalted butter 1/2c Pears  1/2c Light Vanilla Nonfat Yogurt  | Tuesday October 8Pepper Steak(3oz Pepper steak, 1oz sauce) 1/4c Peppers and onions1c brown rice 1c Stir Fry Vegetables Vegetable egg roll 3/4c Pineapple | Wednesday October 9Chicken Fettuccine Alfredo(3oz Diced Chicken, 1/2c Fettuccine, 1/4c Light Alfredo Sauce)1c Cauliflower and BroccoliWheat roll 1/2c Apple slices | Thursday October 106oz Red Chile Beef Enchiladas(2oz beef, 1oz RC, 2 corn tortilla, 1/2c lettuce and tomato, 1oz Cheese) 1/2c LS Pinto Beans1.5c Tossed Salad w/ 2 TBSP light Italian DressingOrange | Friday October 113oz Chicken Fried Chicken Breast2oz LS Chicken Gravy1/2c LS Mashed Potatoes1/2c AsparagusWheat Roll w/ 1 tsp unsalted butter 3/4c Plums  |
| Monday October 14Closed Indigenous Peoples Day | Tuesday October 15Beef Burrito Supreme(2oz ground beef, 1/2 c LS refried beans, 1/2c Lettuce and tomato, 2 TBSP GC, 1 8 in flour tortilla, 0.5oz shredded cheese)1/2c LS Spanish Slaw1/2c Calabacitas1/2c Diced Mango | Wednesday October 163/4c Chicken & Rice Casserole(3oz Chicken, 1/4c Rice, .5oz Cheese)1c Broccoli Spears w/ Red bell pepper3/4c Tossed Salad w/ 1 TBSP light Italian DressingWheat Roll3/4c Apricots | Thursday October 173.5oz Salisbury Steak1oz LS Brown Gravy w/ 1/8c mushrooms and 1/8c onions1 baked potato w/ 1 tsp margarine, chives 3/4c Roasted Brussel Sprouts Wheat Roll1c Watermelon | Friday October 18 3oz LS Turkey Roast2oz LS Gravy1/2c Baked Yams1c Vegetable MedleyWheat Bread w/ 1 tsp margarine1c Fruit Salad  |
| Monday October 21Fish Sandwich w/ Tartar Sauce(2 TBSP tartar Sauce, 1 WW bun, 3oz Battered Fish)1c California Veggies w/ 1 tsp unsalted butter 1c Coleslaw w/ 2 TBSP Dressing1/2c FF Sorbet w/ 3/4c mixed Berries | Tuesday October 22Teriyaki Chicken(4oz diced chicken, 1 TBSP Sauce)1c Brown Rice1c Stir fry veggies w/ snap peas 1-Fortune Cookie3/4c Mandarin Oranges | Wednesday October 233oz Lean Beef Fajita 1/2c Peppers and Onion 1 6 in Wheat tortilla1/2c LS Refried Beans2 TBSP Salsa½ c Roasted Zucchini 1c Mixed Fruit | Thursday October 24Baked ChickenMushroom Sauce(3oz Chicken 2oz LS Sauce, 1/4c mushrooms)1/2c Tomato Wedges1/2c Lemon Herb Orzo 1.5c Tossed salad w/ 2 TBSP light ranch dressingWheat Roll w/ 1 tsp unsalted butter 1c strawberries and bananas | Friday October 254oz Tuna Salad(3oz Light Tuna, 1/2c tuna salad))1/2c cold LS Beets1/2c LS LF broccoli Salad6 WW Crackers3/4c Fruit cocktail  |
| Monday October 28Stuffed peppers(1 Bell Pepper, 3 oz. Beef, 1/4c Rice)1c Chateau blend vegetables 1 wheat roll 1 Orange | Tuesday October 29Pork Chops3oz Pork Chop2oz LS gravy1/2c LS Brown Rice Pilaf1/2c Spinach1-Wheat roll w/ 1 tsp margarine1c Tropical Fruit | Wednesday October 30Hamburger(1WW HB, 2SL Tomato, 1/4c Romaine Lettuce)1/2c Potato Wedges1/2cc Green beans1c Grapes | Thursday October 31Witches’ FingerHot Ham and Swiss Sandwich(2oz LS ham, 1oz puff pastry dough, 1oz Swiss cheese)1c LS LF Green Chile corn Chowder(LS broth, 2% milk instead of half half, 3/4c corn potatoes, carrots, celery, carrots, onions, GC)1 “poison” apple1.5c Tossed salad w/ 2 TBSP light Italian Dressing(3oz coating, 1 medium apple)  |  |

***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: 4** | **Days in Week:** **5** | **Days in Week:****4** | **Days in Week:****5** | **Days in Week: 4**  |
| Calories | 700 | 796.9 | 713.4 | 720.3 | 732.2 | 794.5 |
| % Carbohydrates from Calories | 45-55% | 54.5 | 51.0 | 50.1 | 49.2 | 52.7 |
| % Protein from Calories | 15-25% | 18.0 | 22.5 | 23.3 | 20.9 | 20.5 |
| % Fat from Calories | 25-35% | 27.5 | 26.5 | 26.6 | 29.8 | 26.8 |
| Saturated Fat | less than 8g | 7.9 | 7.8 | 7.4 | 6.7 | 8.0 |
| Fiber | 10g | 10.0 | 11.1 | 11.2 | 10.1 | 10.8 |
| Vitamin B-12 | .8ug | 2.5 | 2.3 | 2.6 | 2.2 | 2.8 |
| Vitamin A | 300ug RAE | 416.3 | 463.3 | 426.8 | 337.4 | 539.6 |
| Vitamin C | 30mg | 85.8 | 50.3 | 92.0 | 70.0 | 104.2 |
| Iron | 2.6mg | 5.0 | 4.6 | 5.3 | 4.2 | 5.2 |
| Calcium | 400mg | 490.7 | 507.9 | 508.5 | 422.1 | 540.0 |
| Sodium | less than 766mg | 752.2 | 764.3 | 762.8 | 754.4 | 625.1 |

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.

 Constance Rudnicki, MS, RDN, LD approved on September 24, 2024