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| --- | --- | --- | --- | --- |
|  | Tuesday October 1  3oz Breaded Cod w/ lemon  1/3c Scalloped Potatoes  3/4c Green Beans, 1/8c onions  1c Coleslaw w/ 2 TBSP dressing  Wheat Roll  Banana | Wednesday October 2  1/2c Cheese Tortellini w/ 4oz Meaty Marinara (2oz Beef, 1/4c NAS Marinara Sauce)  1c Italian Veggies  3/4c Tossed salad w/ 1 TBSP light Italian dressing  Wheat roll w/ 1 tsp margarine  1c Cantaloupe and Grapes | Thursday October 3  8oz Sweet & Sour Pork  1c Sweet and Sour Pork  (3oz Pork, 3/4c onions, red &green bell peppers, green onions, sesame seeds, sauce)  1c Brown Rice  1c Asian Veggies  1c Mandarin Oranges | Friday October 4  4oz Swedish Meatballs  (3oz meatballs, 1oz Sauce)  3/4c Egg Noodles  1/3c Peas  Spinach Salad  (1c Spinach, 1 TBSP cranberries, 1/4c Red onion, ¼ HB Egg),  2 TBSP Light Raspberry Vinaigrette)  Wheat Roll  1c Tropical Fruit Salad |
| Monday October 7  2oz Polish Sausage  2 TBSP Sauerkraut  1/2c Parsley Potatoes  1/2c Carrots  Wheat Roll w/ 1tsp unsalted butter  1/2c Pears  1/2c Light Vanilla Nonfat Yogurt | Tuesday October 8  Pepper Steak  (3oz Pepper steak, 1oz sauce)  1/4c Peppers and onions  1c brown rice  1c Stir Fry Vegetables  Vegetable egg roll  3/4c Pineapple | Wednesday October 9  Chicken Fettuccine Alfredo  (3oz Diced Chicken, 1/2c Fettuccine, 1/4c Light Alfredo Sauce)  1c Cauliflower and Broccoli  Wheat roll  1/2c Apple slices | Thursday October 10  6oz Red Chile Beef Enchiladas  (2oz beef, 1oz RC, 2 corn tortilla, 1/2c lettuce and tomato, 1oz Cheese)  1/2c LS Pinto Beans  1.5c Tossed Salad w/ 2 TBSP light Italian Dressing  Orange | Friday October 11  3oz Chicken Fried Chicken Breast  2oz LS Chicken Gravy  1/2c LS Mashed Potatoes  1/2c Asparagus  Wheat Roll w/ 1 tsp unsalted butter  3/4c Plums |
| Monday October 14  Closed  Indigenous Peoples Day | Tuesday October 15  Beef 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 Slaw  1/2c Calabacitas  1/2c Diced Mango | Wednesday October 16  3/4c Chicken & Rice Casserole  (3oz Chicken, 1/4c Rice, .5oz Cheese)  1c Broccoli Spears w/ Red bell pepper  3/4c Tossed Salad w/ 1 TBSP light Italian Dressing  Wheat Roll  3/4c Apricots | Thursday October 17  3.5oz Salisbury Steak  1oz LS Brown Gravy w/ 1/8c mushrooms and 1/8c onions  1 baked potato w/ 1 tsp margarine, chives  3/4c Roasted Brussel Sprouts  Wheat Roll  1c Watermelon | Friday October 18  3oz LS Turkey Roast  2oz LS Gravy  1/2c Baked Yams  1c Vegetable Medley  Wheat Bread w/ 1 tsp margarine  1c Fruit Salad |
| Monday October 21  Fish 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 Dressing  1/2c FF Sorbet w/ 3/4c mixed Berries | Tuesday October 22  Teriyaki Chicken  (4oz diced chicken, 1 TBSP Sauce)  1c Brown Rice  1c Stir fry veggies w/ snap peas  1-Fortune Cookie  3/4c Mandarin Oranges | Wednesday October 23  3oz Lean Beef Fajita  1/2c Peppers and Onion  1 6 in Wheat tortilla  1/2c LS Refried Beans  2 TBSP Salsa  ½ c Roasted Zucchini  1c Mixed Fruit | Thursday October 24  Baked Chicken  Mushroom Sauce  (3oz Chicken 2oz LS Sauce, 1/4c mushrooms)  1/2c Tomato Wedges  1/2c Lemon Herb Orzo  1.5c Tossed salad w/ 2 TBSP light ranch dressing  Wheat Roll w/ 1 tsp unsalted butter  1c strawberries and bananas | Friday October 25  4oz Tuna Salad  (3oz Light Tuna, 1/2c tuna salad))  1/2c cold LS Beets  1/2c LS LF broccoli Salad  6 WW Crackers  3/4c Fruit cocktail |
| Monday October 28  Stuffed peppers  (1 Bell Pepper, 3 oz. Beef,  1/4c Rice)  1c Chateau blend vegetables  1 wheat roll  1 Orange | Tuesday October 29  Pork Chops  3oz Pork Chop  2oz LS gravy  1/2c LS Brown Rice Pilaf  1/2c Spinach  1-Wheat roll w/ 1 tsp margarine  1c Tropical Fruit | Wednesday October 30  Hamburger  (1WW HB, 2SL Tomato, 1/4c Romaine Lettuce)  1/2c Potato Wedges  1/2cc Green beans  1c Grapes | Thursday October 31  Witches’ Finger  Hot 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” apple  1.5c 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