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| --- | --- | --- | --- | --- |
|  | Tuesday 1Chicken Cobb Salad (1.5 Romaine Lettuce, 1 HB Egg, 2oz Chicken breast, 1/4c Tomato, 1/4c Carrot, 2 TBSP Bleu Cheese Dressing, 1/2c Cucumber)1/2c Beets 6 WW Crackers 1/2c Pears | Wednesday 2Frito Pie(3oz beef, 1oz corn chips, 2oz RC, 1/2 c lettuce and tomato, 1/4c onion)1/2c LS Pinto Beans1/2c Calabacitas1/2c Applesauce  | Thursday 3Beef and Broccoli(3iz Beef, 1/2c Broccoli, 1oz Sauce)3/4c Brown Rice1c Oriental VegetablesVegetable Egg RollFortune Cookie3/4c Mandarin oranges | Friday 43/4c Chicken Bake(3oz Chicken, ,1/2c pasta .5oz Cheese) 1oz sauceGreen Bean Almondine(1/2c Green beans, ¼c Slivered almondsWheat roll w/ 1 tsp unsalted butter 1.5c Tossed salad w/ 2 TBSP light Ranch dressing3/4c Apricots |
| Monday 7 Chicken Caesar Salad (1.5c Romaine lettuce,3oz Diced Chicken, 1/4c plain crouton, 1 TBSP Shredded parm cheese)2 TBSP Light Caesar Salad Dressing1/2c Cucumber and tomatoes4 LS WW crackers 1/2c pineapple1/2c SF Gelatin  | Tuesday 8Soft Beef Taco (3oz Beef, 1 6 in flour Tortilla, .5 cheese, 1/2c Lettuce and tomato, 2 TBSP Salsa)3/4c LS Pinto beans 1/2c SpinachStrawberry short cake (3/4c Strawberries, 1 slice SF angel food cake) | Wednesday 93oz LS Tilapia w/ 1/2c onions and peppers 1/3c Wild rice 1/2c Sliced carrots 1.5c Tossed salad w/ 2 TBSP Light Italian Dressing WW roll w/ 1 tsp unsalted butter 3/4c Diced peaches | Thursday 103oz Chicken fried steak 1/2c LS Mashed potatoes w/ 1oz LS Country Gravy 1/2c Roasted Brussel Sprouts 3/4c Fruit Cocktail | Friday 111c Reduced Sodium Chicken Tetrazzini(3oz Chicken 1/2c pasta .5oz cheese, 1/4c Mixed vegetables, mushrooms)1c Capri vegetables 1/2c SF Cinnamon apples  |
| Monday 14ClosedColumbus Day | Tuesday 153oz Salisbury steak 1/2c LS Mashed potatoes Mushroom gravy(2oz LS Gravy 1/4c Mushrooms) 1c Italian vegetables w/ 1 tsp unsalted butter WW Roll w/ 1 tsp unsalted butter 1/2c Spiced Pears  | Wednesday 16Sesame Chicken w/ Broccoli (.5oz Sauce, 3oz diced Chicken, 1/2c Broccoli, 1 tsp sesame seeds)1/2c Sugar Snap Peas1/2c Brown rice 3/4c Green Salad w/ 1TBSP Light Italian Dressing4 WW Crackers1c Tropical Fruit salad | Thursday 173/4c Ham and Bean Soup (.5oz Ham, 1/2c Beans, 1/4c peppers and onions)1oz Corn bread w/ 1 tsp unsalted butter 1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing1/2c Light nonfat vanilla yogurt 1 Banana | Friday 18Tuna Salad Sandwich (1/2c light tuna, 2 slices wheat bread, .5c lettuce, 2 slices tomato, 1 slice onion)1oz Sun chips 1/2c Cold LS beets1/2c LS Three bean salad1c Watermelon  |
| Monday 21Grilled Chicken Garden Salad (3oz Chicken, 1c Spinach, 1/4c Carrots, 1/4c Cucumbers, 1/4c plain croutons, 1/2c Tomatoes, 2 TBSP Light Ranch Dressing6 WW Crackers 3/4c mandarin oranges 1/2c FF Chocolate pudding | Tuesday 22 BBQ pulled pork (3oz Pork, 1oz Barbecue Sauce)1c Coleslaw w/ 2 TBSP Dressing 3/4c Broccoli and 1/4c Red bell pepper w/ 1 tsp unsalted butter 1oz Cornbread1c Fruit Salad | Wednesday 233oz Meatloaf 1/2c Mashed potatoes, 2oz LS gravy 3/4c No added salt French style green beans w/ 1 tsp unsalted butter WW roll w 1 tsp unsalted butter1/2c Cinnamon Applesauce  | Thursday 242oz LS Glazed ham, 1 TBSP glaze½ Pineapple slice1/2c Roasted Sweet potato3/4c Asparagus w/ 1 tsp unsalted butter WW Roll W 1 tsp unsalted ButterFresh pear6oz Light vanilla nonfat vanilla yogurt  | Friday 25Green Chile Cheese Enchilada (1/4c GC sauce, 1oz Cheese, 2 corn tortilla, 1/2c Lettuce and tomato, 2 TBSP GC)1/2c LS Pinto beans1c Bahama Blend 1/2c LS Spanish rice 1c Honeydew |
| Monday 284oz LS Baked Salmon w/ 2 TBSP tartar sauce 1/2c Wild rice with 1/4c mushrooms 1c California vegetables w/ 1 tsp unsalted butter 1/2c Coleslaw w/ 1 TBSP Dressing1/2c SF Spiced apples  | Tuesday 294oz Chicken parmesan Crusted, 1oz No added salt marinara sauce,1oz mozzarella cheese w/ 1/2c Penne pasta1c Italian Vegetables w/ 1 tsp margarine1/2c Green Salad w/ 1 TBSP Light Italian DressingGarlic bread1c Cantaloupe | Wednesday 30Beef fajitas (3oz Lean Beef, 1/2c Peppers and onions, 1 6 in flour tortilla, 2 TBSP salsa) 1/2c LS Pinto beans 1c Zucchini w/ NAS Diced tomatoes w/ 1 tsp unsalted butter 3/4c Mixed berries 1/2c SF Gelatin  | Thursday 31Chicken salad 3/4c Chicken salad (3oz Chicken) w/ grapes, celery, walnuts1c Mixed greens 1/4c Cucumber and 1/4c tomato, 1/4c Shredded carrotsWW roll ½ c Cherries in 1/4c Cobbler |  |

***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 or more | 806.0 | 727.0 | 723.8 | 707.1 | 729.0 |
| % Carbohydrates from Calories | 45-55% | 45.4 | 47.2 | 53.5 | 53.9 | 45.3 |
| % Protein from Calories | 15-25% | 22.9 | 25.0 | 19.4 | 19.5 | 24.4 |
| % Fat from Calories | 25-35% | 31.7 | 27.8 | 27.1 | 26.5 | 30.3 |
| Saturated Fat | less than 8g | 7.7 | 8.0 | 6.9 | 8.0 | 7.9 |
| Fiber | 10g or more | 12.0 | 10.7 | 11.6 | 11.6 | 10.2 |
| Vitamin B-12 | .8ug or more | 2.4 | 2.4 | 2.2 | 1.8 | 2.7 |
| Vitamin A | 300ug RAE or more | 582.7 | 685.4 | 475.0 | 519.7 | 414.3 |
| Vitamin C | 30mg or more | 47.4 | 64.6 | 72.8 | 76.0 | 48.9 |
| Iron | 2.6mg or more | 5.3 | 5.6 | 4.8 | 4.6 | 3.8 |
| Calcium | 400mg or more | 508.6 | 561.2 | 493.9 | 532.0 | 478.4 |
| Sodium | less than 766mg | 669.8 | 742.6 | 762.7 | 766.4 | 618.0 |

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 4, 2024