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|  |  |  |  | **FRIDAY, NOV 1**  3.5oz LS Herbed Baked Tilapia  1/2c LS brown Rice pilaf w/ 1/4c Mushrooms  1c California blend vegetables  1 WW Roll w/ 1 tsp unsalted butter  1.5c Tossed salad w/ 2 TBSP light ranch dressing  Banana  1/2c SF Gelatin |
| **MONDAY, NOV 4**  3oz Salisbury Steak  1/2c Mashed Potatoes w/  2oz LS Gravy  1/2c Green beans  1 WW Roll  1/2c Peaches | **TUESDAY, NOV 5**  3oz Chicken Breast  2oz LS gravy  1/2c brown rice  1/2c Spinach  1/2c Broccoli Salad  1 WW Roll  1/2c Fruit Cocktail  1/2c SF Gelatin | **WEDNESDAY, NOV 6**  Frito Pie  (1oz Corn Chips, 3oz Beef, 2oz Red Chile Sauce, 1/2c Lettuce and tomato, 1/8c onion)  1c Zucchini and NAS diced tomatoes  1c Tropical Fruit salad | **THURSDAY, NOV 7**  6oz Green Chile Chicken Enchiladas  (2 corn tortillas, 1oz cheese, 3oz Chicken, 1oz Green Chile Sauce, 1/2c lettuce and tomato)  1/2c LS Pinto Beans  1/2c Zucchini  1/2c Diced pears | **FRIDAY, NOV 8**  Grilled Ham & Cheese  (2oz LS Ham, 0.5oz Swiss Cheese, 2 slices wheat bread, lettuce leaf, 2 tomato slice)  1c LS Tomato Soup  1.5c Tossed salad w/ 2 TBSP light Italian dressing  4 WW Crackers  1 orange  6oz Light nonfat strawberry yogurt |
| **MONDAY, NOV 11**  **CLOSED FOR HOLIDAY** | **TUESDAY, NOV 12**  3oz Chicken Fried Steak  1/3c Mashed Potatoes w/  1oz LS Country Gravy  1c Chateau blend Vegetables  1 WW Roll w/ 1 tsp margarine  1/2c Warm Sliced Apples | **WEDNESDAY, NOV 13**  Red Chili Smothered Tamales  (2oz. Pork, 1/4cRed Chile Sauce  1/3c Masa)  1/2c Pinto beans  1/2c LS Spanish Rice  1c capri Vegetables  3/4c Mixed Fruit | **THURSDAY, NOV 14**  4oz Beef Tips w/  Noodles  (3oz beef tips, 1oz LS gravy, 1/2c Mushrooms)  1/2c egg noodles  1c Winter blend veg  1 WW Roll  1/2c Mandarin Oranges  1/2c FF chocolate pudding | **FRIDAY, NOV 15**  8oz LS Chicken & Rice Soup  (3oz chicken, 1/4c Brown Rice, 1/4c onions, carrots)  1.5c Tossed Salad w/  2 TBSP Light Ranch Dressing  Wheat roll w/ 1 tsp margarine  1/2c Spiced peaches |
| **MONDAY, NOV 18**  Spaghetti w/ Meat Sauce  (3 oz meat, 1/2c spaghetti, 3oz NAS Marinara sauce)  1c Italian blend veg  Wheat roll w/ 1 tsp margarine  1c Fruit salad | **TUESDAY, NOV 19**  3oz Chicken Strips  1/2c Potato Wedges  1/2c Carrots  1 WW Roll  3/4c Fruit Cocktail | **WEDNESDAY, NOV 20**  1c Beef Stew  (3oz beef, 1/2c vegetables)  1.5c Tossed Salad w/  2 TBSP Light Ranch Dressing  1oz Cornbread  1c Cut Cantaloupe | **THURSDAY, NOV 21**  2oz Polish Sausage  1/2c peppers and onions  1/2c cabbage  Wheat roll  1/2c Light nonfat vanilla yogurt w/ 3/4c mixed berries | **FRIDAY, NOV 22**  Turkey Dinner  (3oz turkey,  1/4c Stuffing,  1/4c Mashed Potatoes, 2oz LS Gravy)  1/4c Roasted Yams  3/4c broccoli spears  1/4c Cranberry Sauce  Wheat roll  1/2c Pumpkin in Pie |
| **MONDAY, NOV 25**  Taco Salad  (1oz tortilla chips, 2oz beef, 1c romaine lettuce, 1/2c tomatoes, 1/8c onion, 2 TBSP salsa, 2 TBSP light Ranch Dressing)  1/2c LS Pinto Beans  1 Banana | **TUESDAY, NOV 26**  Chicken Fajitas  (3 oz. Chicken,  1/2c Peppers and Onions  1 6in Tortilla, 2 TBSP salsa)  1/2c Spanish Rice  1/2c Black Beans  1/2c mandarin Oranges | **WEDNESDAY, NOV 27**  Tuna salad sandwich  (1/2c tuna salad (3oz tuna), wheat bread, 1/2c lettuce and tomato)  1/2c Parsley potatoes  1/2c Brussel Sprouts  1/2c Pineapple tidbits | **THURSDAY, NOV 28**  **CLOSED FOR HOLIDAY** | **FRIDAY, NOV 29**  **CLOSED FOR HOLIDAY** |

***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:**  **1** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **3** |
| Calories | 700 or more | 700.9 | 707.4 | 709.8 | 708.4 | 748.6 |
| % Carbohydrates from Calories | 45-55% | 47.5 | 48.8 | 51.7 | 51.4 | 47.4 |
| % Protein from Calories | 15-25% | 24.7 | 24.3 | 16.7 | 20.4 | 20.7 |
| % Fat from Calories | 25-35% | 27.8 | 26.9 | 31.6 | 28.2 | 31.9 |
| Saturated Fat | less than 8g | 7.9 | 8.0 | 7.9 | 8.0 | 7.3 |
| Fiber | 10g or more | 10.6 | 10.4 | 10.4 | 10.2 | 12.7 |
| Vitamin B-12 | .8ug or more | 3.1 | 2.6 | 2.3 | 2.5 | 2.5 |
| Vitamin A | 300ug RAE or more | 719.6 | 443.7 | 358.9 | 694.8 | 326.5 |
| Vitamin C | 30mg or more | 108.8 | 65.9 | 36.1 | 59.0 | 85.9 |
| Iron | 2.6mg or more | 3.3 | 4.7 | 4.1 | 4.0 | 5.5 |
| Calcium | 400mg or more | 436.2 | 573.7 | 418.3 | 466.5 | 437.8 |
| Sodium | less than 766mg | 762.7 | 750.3 | 747.9 | 764.9 | 667.5 |

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 October 10, 2024