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|  |  |  |  | Friday 1, 20233.5 oz Meatloaf½ c Mashed Potatoes w/1 oz LS Gravy1/2c Carrots 1 WW Roll 1 c Strawberries 1/2c FF Tapioca Pudding |
| Monday 4, 20233/4c Beef, Bean and Chili(2oz Beef 2 oz Bean, 2 oz Chili)1/2c Roasted Zucchini1 slice Cornbread w/ 1 tsp. Margarine1 c Fruit Salad | Tuesday 5, 2023Beef Stew(3 oz. Beef, 1 oz. Sauce, 2 oz. Potatoes, 2 oz. Carrots)1/2c Beets1 Biscuit w/ 1 tsp. Margarine1 Orange | Wednesday 6, 20233oz LS Baked Cod2 TBSP Tartar Sauce1c Coleslaw w 2 TBSP Dressing1 c Green BeansWheat roll w/1 tsp. Margarine1/2c Peaches in 1/2c Light Nonfat Vanilla Yogurt | Thursday 7, 2023Stuffed Chicken Breast(3oz Chicken, 3oz Spinach w/ sauce)½ c Baked Sweet Potato3/4c Capri Mixed Vegetables1 WW Roll w/ 1 tsp. Margarine1 Fresh pear | Friday 8, 2023 Beef Burgundy(3 oz Beef, 2oz sauce)1/2c Mushrooms,½ c Egg Noodles½ c Peas & Carrots1 WW Roll w/ 1 tsp. Margarine½ c Spiced Apples |
| Monday 11, 2023Hamburger(3oz Patty,1 Bun)1/2c Lett/ 2 slices Tom/1 1/4c Onion1oz Sun Chips 1/2c LS Three Bean Salad1/2c asparagus1/2c plums | Tuesday 12, 20233 oz Country Fried Steak1/2c LS Mashed Potatoesw/ 1 oz LS Country Gravy1/2c Brussel Sprouts1 WW Roll ½c Apricots | Wednesday 13, 2023Red Beef Enchiladas(3 oz. Beef, 1 oz. Cheese, 1 oz. Red Chile, 2 Corn Tortillas, 1/2c Lettuce & Tomato)1/2c LS Spanish Rice1/2c Cauliflower1/2c LS Pinto Beans1c Mandarin Oranges | Thursday 14, 2023Baked Boneless pork chop(3oz Pork)1/2c LS Brown Rice Pilaf 1c California blend vegetables 1 Wheat Roll ½ c mixed fruit | December 15, 2023Turkey Dinner3oz Turkey 1/4c Dressing1/2c LS Mashed Potatoes1oz LS Gravy1/2c Scandinavian Vegetables1/4c Cranberry Relish1 WW Dinner Roll w/ 1 tsp margarine1/2 sl. Pecan Pie  |
| Monday 18, 2023  3 oz. Roast Beef1/2c Baked Potato w/ 1 oz. Low Sodium Gravy1/2c LS LF Broccoli Salad3/4c NAS French Style Green Beans1 WW Roll w/ 1 tsp. Margarine1/2c Spiced pears | Tuesday 19, 20231c Green Chili Lasagna(2 oz Cheese, 1 oz Green Chile, ½ c Lasagna) 1c Green Salad w/2 TBSP FF Italian Dressing, 1 Garlic Roll1/2c Light nonfat vanilla yogurt1/2c Berries w/ 1/2c SF Gelatin  | Wednesday 20, 2023Soft Beef Tacos(1 6in Flour Tortilla , 3oz Beef, .5oz cheese, 1/2c lettuce and tomato, 2 TBSP Salsa )½ c LS Pinto Beans1 c Squash w/tomatoes 3/4c Tropical Fruit | Thursday 21, 20231c Pork Posole(3 oz. Pork, 4 oz. Hominy, 1 oz. Red Chile)1/2c Roasted Zucchini1c Tossed salad w/ 2 TBSP FF Ranch Dressing1 6in Flour Tortilla 1 Oatmeal Cookie | Friday 22, 20234 oz orange chicken(3oz Chicken, 1oz Sauce, 1 tsp sesame seeds)3/4c steamed brown rice 1c stir fry vegetables 1/2c Pineapple Chunks  |
| Monday 25, 2021CENTER CLOSED | Tuesday 26, 20231c Tossed Salad w/ 2 TBSP FF Ranch Dressing4 oz. Spaghetti & 4 oz. Meat Sauce1c Italian Blend Vegetable1 sl. Garlic Bread 1/2c Butterscotch pudding | Wednesday 27, 2023Beef Fajitas(3oz Beef, .5oz Cheese ½ c Peppers and onions 1 6 in Flour Tortilla, 2 TBSP Salsa)½ c Chuckwagon Corn1c Fruit Salad | Thursday 28, 2023 GC Chicken Enchiladas(3oz Chicken, corn tortilla, 1oz Green chili, 1oz Shredded Cheese)1/2c LS Spanish Rice 1/2c LS Pinto Beans1/2c Mandarin Oranges | Friday 29, 20235 oz Swiss Steak(3oz Meat, 2oz Sauce) ½ c Potato Wedges1c Vegetable medley1 WW Dinner Roll/1 tsp. Margarine1c Cantaloupe  |

 ***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: |  | **Days in Week:****1** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****4** |
| Calories | 700 or more | 704.3 | 741.4 | 790.6 | 767.2 | 781.2 |
| % Carbohydrates from Calories | 45-55% | 54.3 | 44.7 | 50.3 | 52.1 | 50.1 |
| % Protein from Calories | 15-25% | 18.8 | 24.6 | 21.3 | 22.9 | 25.0 |
| % Fat from Calories | 25-35% | 25.8 | 30.4 | 28.3 | 25.0 | 25.0 |
| Saturated Fat | less than 8g | 7.4 | 7.9 | 8.0 | 8.0 | 7.9 |
| Fiber | 10g or more | 10.9 | 11.1 | 10.9 | 10.0 | 12.3 |
| Vitamin B-12 | .8ug or more | 3.2 | 6.5 | 2.6 | 2.5 | 2.9 |
| Vitamin A | 300ug RAE or more | 834.3 | 678.8 | 350.2 | 462.6 | 458.7 |
| Vitamin C | 30mg or more | 111.2 | 49.7 | 50.6 | 45.2 | 60.4 |
| Iron | 2.6mg or more | 5.1 | 6.0 | 5.0 | 5.1 | 5.6 |
| Calcium | 400mg or more | 520.6 | 595.1 | 489.1 | 591.2 | 529.0 |
| Sodium | less than 766mg | 746.1 | 733.0 | 682.2 | 718.6 | 713.0 |

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