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|  |  |  |  | Friday 1, 2023  3.5 oz Meatloaf  ½ c Mashed Potatoes w/1 oz LS Gravy  1/2c Carrots  1 WW Roll  1 c Strawberries  1/2c FF Tapioca Pudding |
| Monday 4, 2023  3/4c Beef, Bean and Chili  (2oz Beef 2 oz Bean, 2 oz Chili)  1/2c Roasted Zucchini  1 slice Cornbread w/  1 tsp. Margarine  1 c Fruit Salad | Tuesday 5, 2023  Beef Stew  (3 oz. Beef, 1 oz. Sauce, 2 oz. Potatoes, 2 oz. Carrots)  1/2c Beets  1 Biscuit w/ 1 tsp. Margarine  1 Orange | Wednesday 6, 2023  3oz LS Baked Cod  2 TBSP Tartar Sauce  1c Coleslaw w 2 TBSP Dressing  1 c Green Beans  Wheat roll w/  1 tsp. Margarine  1/2c Peaches in 1/2c Light Nonfat Vanilla Yogurt | Thursday 7, 2023  Stuffed Chicken Breast  (3oz Chicken, 3oz Spinach w/ sauce)  ½ c Baked Sweet Potato  3/4c Capri Mixed Vegetables  1 WW Roll w/ 1 tsp. Margarine  1 Fresh pear | Friday 8, 2023  Beef Burgundy  (3 oz Beef, 2oz sauce)  1/2c Mushrooms,½ c Egg Noodles  ½ c Peas & Carrots  1 WW Roll w/  1 tsp. Margarine  ½ c Spiced Apples |
| Monday 11, 2023  Hamburger  (3oz Patty,1 Bun)  1/2c Lett/ 2 slices Tom/1 1/4c Onion  1oz Sun Chips  1/2c LS Three Bean Salad  1/2c asparagus  1/2c plums | Tuesday 12, 2023  3 oz Country Fried Steak  1/2c LS Mashed Potatoes  w/ 1 oz LS Country Gravy  1/2c Brussel Sprouts  1 WW Roll  ½c Apricots | Wednesday 13, 2023  Red Beef Enchiladas  (3 oz. Beef, 1 oz. Cheese, 1 oz. Red Chile, 2 Corn Tortillas,  1/2c Lettuce & Tomato)  1/2c LS Spanish Rice  1/2c Cauliflower  1/2c LS Pinto Beans  1c Mandarin Oranges | Thursday 14, 2023  Baked Boneless pork chop  (3oz Pork)  1/2c LS Brown Rice Pilaf  1c California blend vegetables  1 Wheat Roll  ½ c mixed fruit | December 15, 2023  Turkey Dinner  3oz Turkey  1/4c Dressing  1/2c LS Mashed Potatoes  1oz LS Gravy  1/2c Scandinavian Vegetables  1/4c Cranberry Relish  1 WW Dinner Roll w/ 1 tsp margarine  1/2 sl. Pecan Pie |
| Monday 18, 2023  3 oz. Roast Beef  1/2c Baked Potato w/  1 oz. Low Sodium Gravy  1/2c LS LF Broccoli Salad  3/4c NAS French Style Green Beans  1 WW Roll w/ 1 tsp. Margarine  1/2c Spiced pears | Tuesday 19, 2023  1c Green Chili Lasagna  (2 oz Cheese, 1 oz Green Chile, ½ c Lasagna)  1c Green Salad w/  2 TBSP FF Italian Dressing,  1 Garlic Roll  1/2c Light nonfat vanilla yogurt  1/2c Berries w/ 1/2c SF Gelatin | Wednesday 20, 2023  Soft Beef Tacos  (1 6in Flour Tortilla , 3oz Beef, .5oz cheese, 1/2c lettuce and tomato, 2 TBSP Salsa )  ½ c LS Pinto Beans  1 c Squash w/tomatoes  3/4c Tropical Fruit | Thursday 21, 2023  1c Pork Posole  (3 oz. Pork, 4 oz. Hominy,  1 oz. Red Chile)  1/2c Roasted Zucchini  1c Tossed salad w/ 2 TBSP FF Ranch Dressing  1 6in Flour Tortilla  1 Oatmeal Cookie | Friday 22, 2023  4 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, 2021  CENTER CLOSED | Tuesday 26, 2023  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing  4 oz. Spaghetti & 4 oz. Meat Sauce  1c Italian Blend Vegetable  1 sl. Garlic Bread  1/2c Butterscotch pudding | Wednesday 27, 2023  Beef Fajitas  (3oz Beef, .5oz Cheese  ½ c Peppers and onions 1 6 in Flour Tortilla, 2 TBSP Salsa)  ½ c Chuckwagon Corn  1c 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 Beans  1/2c Mandarin Oranges | Friday 29, 2023  5 oz Swiss Steak  (3oz Meat, 2oz Sauce)  ½ c Potato Wedges  1c Vegetable medley  1 WW Dinner Roll/  1 tsp. Margarine  1c 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.

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