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| --- | --- | --- | --- | --- |
| **Monday 1, 2023**  **3 oz. Beef Patty w/**  **2oz LS Gravy w/ 1/4c mushrooms**  **1/2cMashed Potato**  **1c Mediterranean blend**  **1 WW Roll**  **1/2c Fruit Cocktail** | **Tuesday 2, 2023**  **Hot Turkey Sandwich**  **(3 oz. Turkey, 1 sl. Wheat Bread, 1 oz LS Gravy )**  **1/2c Parsley Potatoes**  **1/2c Green Beans**  **1/3c LS LF Broccoli Salad**  **1 Apple** | **Wednesday 3, 2023**  **Chicken Caesar Salad**  **(3 oz. LS Chicken Breast , 1 TBSP Parm. Cheese,**  **1.5c Lettuce & 10 cherry Tomato, 2 TBSP Light Caesar Dressing)**  **6 LS WW Crackers**  **1/2c Beets**  **1/2c SF Gelatin and 1/2c Banana** | **Thursday 4, 2023**  **3oz. LS Turkey Bratwurst w/ 1/4c LS Sauerkraut**  **1 Hot Dog Bun**  **1/2 c Roasted Red Potato**  **1/2c Baby Carrots**  **3/4c Fruit Compote (strawberries/peaches)**  **w/ 2 TBSP Whipped Topping** | **Friday 5, 2023**  **Red Chile Beef Enchiladas**  **(2 oz. Beef, 1 oz. Cheese, 1/4c Red Chili, 2 Corn Tortillas)**  **1/2c Lettuce & Tomato**  **1/2c Roasted Tomatoes**  **1/2c LS Spanish Rice**  **3/4c LS Pinto Beans**  **½ slice White Cake w/ 1c Strawberries and 2 TBSP whipped topping** |
| **Monday 8, 2023**  **1/2c Spaghetti w/5oz Meat Sauce (3oz beef, 2oz NAS marinara Sauce)**  **1c. Zucchini & Squash w/ 1 tsp margarine**  **1 sl Garlic Bread**  **1/2c. 1/2c Peach in Crisp (1oz Crisp)** | **Tuesday 9, 2023**  **Pork Chow Mein**  **(3oz. Pork, 1oz. Sauce, 1/2c Chow Mein Noodles)**  **1c Prince Edward Vegetables**  **1 Fortune Cookie**  **3/4c Pears** | **Wednesday 10, 2023**  **8oz Chicken Tetrazzini**  **(3 oz. Chicken, 1 oz. Sauce,**  **1/2c Pasta)**  **1/2c Tossed Salad w/**  **1T Light Italian Dressing**  **1c California Blend vegetables**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c LF Chocolate Fudge Pudding** | **Thursday 11, 2023**  **Ham n Cheese Sandwich**  **(2 oz. Low Sodium, 1 oz. Swiss Cheese, 1/2c Lettuce, 2 slices Tomato, 2 sl. Wheat Bread)**  **1oz Sun Chips**  **3/4c LS 3 Bean Salad**  **6oz LS Vegetable Soup**  **1c Tropical Fruit Salad** | **Friday 12, 2023**  **4 oz. LS Beef Tips w/**  **1/2c Brown Rice & 1/2c Mushrooms**  **1c Italian vegetables**  **1 WW Roll w/ 1 tsp. Margarine**  **3/4c Fruit Salad** |
| **Monday 15, 2023**  **4 oz. BBQ Chicken**  **(3oz Chicken w/ 1 TBSP LS Barbecue Sauce)**  **1/2c Scalloped Potatoes**  **3/4c Country Blend w/ 1 tsp magarine**  **1 WW Roll**  **1c Watermelon** | **Tuesday 16, 2023**  **Pepperoni Pizza**  **(14 slices Pepperoni, 2oz Part skim Cheese, 1oz Sauce, 1oz Crust)**  **1/2c Tossed Salad w/1T Light Italian Dressing**  **1/2c Roasted Cauliflower**  **1/2c LS Stewed Tomatoes**  **1/2c Mixed Fruit** | **Wednesday 17, 2023**  **4 oz. Meat Loaf**  **1/2c Mashed Potato w/**  **2 oz. low Sodium Gravy**  **1c Capri Vegetables**  **1WW Roll w/ 1 tsp margarine**  **1/2c Plums** | **Thursday 18, 2023**  **Chili Beans**  **(2oz. Beef, 4oz. Beans, 1oz. Red Chili)**  **1c Tossed Salad w/ 2T LF Dressing**  **1 sl. LS LS Cornbread**  **1/2c Apricots** | **Friday 19, 2023**  **3 oz. Beef Fingers**  **1/2c diced potatoes w/ 1/4c onions**  **1 oz. Low Sodium Gravy**  **1/2c asparagus w/ 1/2c mushrooms**  **1 wheat roll**  **1/2c Pineapple** |
| **Monday 22, 2023**  **Chicken Greek Salad**  **(3 oz. Chicken, 1 oz. feta Cheese,**  **1.5 shredded lettuce**  **1/4c Cucumbers**  **10 Cherry tomatoes**  **8 baby carrots**  **1/4c shredded cabbage**  **1 slice red onion**  **1/4c bell pepper**  **2T Greek Vinaigrette)**  **6 LS WW Crackers**  **1/2c Berries w/ 2 TBSP FF whipped topping** | **Tuesday 23, 2023**  **Hot Roast Beef Sandwich**  **(3 oz. Beef, 1 sl. Bread)**  **1c Tomato & Onion Salad**  **1/2c. Mashed Potato**  **2oz LS Gravy**  **1/2c okra w/ tomatoes and onions**  **1c. Slice Apple** | **Wednesday 24, 2023**  **5 oz. Sweet n Sour Pork**  **1c Steam brown Rice**  **1c winter blend**  **2 Fortune Cookie**  **1/2c Mandarin Orange and pineapple tidbits** | **Thursday 25, 2023**  **Pastrami Sandwich**  **(2 oz. FF Pastrami,**  **1 oz. Swiss Cheese. 2 sl. Rye Bread, 1/2c Lettuce & Tomato)**  **1c Coleslaw w/ 2 TBSP Dressing**  **1/2c Pea Salad**  **Orange** | **Friday 26, 2023**  **4 oz. Carne Adovada**  **1/2c LS Pinto Beans**  **1c calabacitas**  **1 6in Flour Tortilla**  **1/2c LF Lemon Pudding** |
| **Monday 29, 2023**  **Senior Center Closed**  **Memorial Day** | **Tuesday 30, 2023**  **Beef Fajitas**  **(3oz. Beef, 1c Pepper & Onions, 1 6 in Tortilla, .5oz Cheese)**  **1/2c LS Pinto Beans**  **1/2c. SF Gelatin w/ 2 TBSP Whipped topping**  **1/2 Diced Mango** | **Wednesday 31, 2023**  **Manicotti w/**  **(2 oz. Ricotta Cheese,**  **1 oz. NAS Marinara Sauce, 2 Manicotti Pasta shells )**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **3/4c Spinach w/ garlic, and 1/4c white beans**  **1 Garlic Stix**  **1/2c Peaches** |  | **Lunch Is Served 11 To 1**    **8 oz-1% Milk Served With Meals**  **Occasionally We Must**  **Substitute Food Items**  **We Are Sorry For The**  **Inconvenience** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **2** |
| Calories | 700 or more | 704.0 | 731.4 | 720.3 | 707.8 | 704.3 |
| % Carbohydrates from Calories | 45-55% | 53.1 | 54.9 | 52.9 | 49.0 | 50.6 |
| % Protein from Calories | 15-25% | 21.5 | 19.3 | 21.6 | 22.3 | 24.2 |
| % Fat from Calories | 25-35% | 25.4 | 25.8 | 25.5 | 28.7 | 25.2 |
| Saturated Fat | less than 8g | 6.3 | 6.6 | 7.8 | 6.7 | 7.8 |
| Fiber | 10g or more | 12.4 | 10.0 | 10.1 | 11.0 | 14.2 |
| Vitamin B-12 | .8ug or more | 2.0 | 2.0 | 2.6 | 2.3 | 2.6 |
| Vitamin A | 300ug RAE or more | 561.0 | 789.0 | 424.5 | 450.0 | 774.2 |
| Vitamin C | 30mg or more | 33.1 | 34.7 | 42.7 | 60.9 | 110.3 |
| Iron | 2.6mg or more | 5.4 | 5.0 | 4.3 | 4.7 | 7.9 |
| Calcium | 400mg or more | 470.6 | 488.9 | 550.7 | 524.5 | 678.2 |
| Sodium | less than 766mg | 761.5 | 762.9 | 753.9 | 713.5 | 745.4 |

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