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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***

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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:****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