|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| All Meals Served with 8 oz.  1% Low-Fat Milk |  |  | THURSDAY 1, 2023  Santa Fe Chicken  (3oz Chicken, 2oz GC, 1oz Cheese)  1c Cilantro Lime Brown Rice  1c Chuckwagon vegetables  Wheat Roll w/ 1 tsp margarine  1/2c Beets  3/4c c Pineapple Tidbits | Friday 2,2023  3oz LS Mrs Dash Baked Cod  1oz Tartar Sauce  1c Broccoli w/ red bell  pepper strips  1c Coleslaw w/ 2 TBSP Dressing  Wheat roll w/ 1 tsp margarine  3/4c Peaches |
| MONDAY 5, 2023  4oz LS Beef Tips  3/4c Egg Noodles  1c Peas & Carrots  1 Biscuit  1/2c Mandarin Oranges | TUESDAY 6, 2023  Chicken Tacos  (3oz Chicken, 1/2c Lettuce and tomato, .5oz Cheese, 1 6 in Flour tortilla)  1oz Salsa  1/2c LS Spanish Rice  1c Calabacitas  1/2c Fruit Cocktail w/ 1/2c SF Gelatin | WEDNESDAY 7, 2023  3oz Salisbury Steak w/  2 oz LS Gravy  1/2c Scalloped Potatoes  3/4c Roasted Brussel sprouts  Wheat roll  1/2c mixed fruit | THURSDAY 8, 2023  4oz Sour Cream Enchiladas  (2 corn tortilla, 2oz Cheese, 1/2c lettuce and tomato)  1/2c LS Pinto Beans  1/2 c Spinach w/ 1/4c Onions  1/2c LS Stewed Tomatoes  1/2c LF Vanilla Pudding | FRIDAY 9, 2023  Sloppy Joe  (3oz Beef, 1 oz. Sauce, 1 Bun, 1/3c Peppers and onions)  1c Island Mix Vegetables  10 baked No added Baked French Fries  1 Peanut Butter Cookie |
| MONDAY 12, 2023  Beef Steak Ranchero  (3oz Beef, 1oz Sauce)  1c Broccoli/cauliflower w/ 1 tsp margarine  1/2c Cilantro Roasted Potatoes  1 6 in WW Flour Tortilla w/ 1 tsp margarine  1/2c Plums | TUESDAY 13, 2023  3oz Chicken Strip w/2 oz LS Country Gravy  1/2c LS Mashed Potatoes  1c Château Blend Vegetables w/ 1 tsp margarine  1/2c Spiced Apples | WEDNESDAY 14, 2023  7oz Pepper Steak  (3oz Steak, 4oz peppers and onions)  1/2c Fried Rice  1/2c Green Beans  1c Pears | THURSDAY 15, 2023\*  7oz Sweet N Sour Pork  (3oz Pork, 4oz Sauce/Vegetables)  1c Emperor Vegetables  1/2c Brown Rice  1c Mandarin Oranges& Pineapple | FRIDAY 16, 2023  ‘Father’s Day Celebration”  4oz Roast Beef  1 Baked Potato, 1 tsp margarine, 1 TBSP chives, 2 TBSP sour cream, .5oz Cheese  1c Capri Vegetables w/ 1 tsp margarine  1 WW Roll w/ 1 tsp. Margarine  Chocolate Brownie |
| MONDAY 19, 2023  7oz Beef Burgundy  (3oz Beef, 4oz Sauce/vegetables)  1/2c Egg Noodles  1c vegetable medley  1 Biscuit  1 tsp. Margarine  Yogurt Parfait  (1/4c Granola, 4oz Greek nonfat vanilla Greek yogurt, ½c banana | TUESDAY 20, 2023  3oz Country Fried Steak  1/2c Mashed Potatoes w/  1oz Low Sodium Country Gravy  1/2c French Cut Green Beans  1 slice wheat bread  1/2c Apricots | WEDNESDAY 21, 2023  6oz Green Chile Chicken Enchiladas  (1oz GC, 3oz Chicken, 1oz Cheese, 2 corn tortillas, 1/2c Lettuce and tomato)  1/2c LS Spanish Rice  1c Zucchini and Diced Tomatoes  1/2c Diced Mango | THURSDAY 22, 2023  1/2c Spaghetti  5oz Meat Sauce  1c Italian Blend Vegetables  Wheat roll  1c Diced Peaches/pears | FRIDAY 23, 2023  3 oz. Baked Pork Chop  1/2c Roasted Potatoes w/1/4c Onions  1/2c LS 3 bean salad  1 WW Roll  1 orange |
| MONDAY 26, 2023  Stuffed Peppers  (3oz Beef, 1 pepper, 1/3c Rice)  1/3c LS Black Beans  3/4c Broccoli Spears w/ 1 tsp margarine  1 WW Roll w/ 1 tsp. Margarine  1/2c Tropical Fruit | TUESDAY 27, 2023  3oz Orange Chicken, 1oz Sauce, 2 tsp sesame seeds  1/2c Wild Rice  1c Stir fry Vegetables  Wheat roll w/ 1 tsp. Margarine  1/2c Spiced Pears | Wednesday 28, 2023  Open Faced Turkey Sandwich  (3oz Turkey, 2 oz LS Gravy, 1 sl. Wheat Bread)  ½ c Parsley Potatoes  ½ c Beets w/ 1 tsp unsalted butter  1 c Strawberries | THURSDAY 29, 2023  BBQ Pulled Pork Sandwich  (1 bun, 3oz pork, 1oz sauce, 1 slice onion)  1 Bun  1/2c Okra w/ tomatoes and onions w/ unsalted butter  1/2c Carrot and Raisin Salad  1c Watermelon | Friday 30, 2023  Soft Beef Tacos  (3oz Beef, 1 6 in flour tortilla, 1/2c Lettuce and tomato, .5oz cheese, 1oz salsa)  1/2c LS Pinto Beans  3/4c Squash w 1/4c Corn w/ 1 tsp unsalted butter  1/2c Sliced apples |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week: 2** | **Days in Week: 5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** |
| Calories | 700 | 885.8 | 705.5 | 754.4 | 746.9 | 702.2 |
| % Carbohydrates from Calories | 45-55% | 50.2 | 52.1 | 54.5 | 48.9 | 50.1 |
| % Protein from Calories | 15-25% | 17.3 | 21.9 | 20.1 | 23.2 | 22.9 |
| % Fat from Calories | 25-35% | 32.5 | 26.0 | 25.4 | 27.7 | 27.0 |
| Saturated Fat | 8g or less | 7.3 | 7.8 | 6.3 | 7.9 | 7.5 |
| Fiber | 10g | 10.0 | 10.2 | 10.0 | 10.2 | 11.8 |
| Vitamin B-12 | .8ug | 1.7 | 2.4 | 2.6 | 2.6 | 2.0 |
| Vitamin A | 300ug RAE | 358.5 | 589.0 | 449.5 | 339.2 | 376.0 |
| Vitamin C | 30mg | 114.1 | 67.7 | 59.9 | 56.6 | 74.0 |
| Iron | 2.6mg | 3.0 | 6.1 | 4.5 | 4.9 | 5.0 |
| Calcium | 400mg | 455.8 | 579.3 | 466.3 | 505.0 | 490.0 |
| Sodium | less than 766mg | 652.6 | 765.5 | 584.6 | 516.8 | 752.3 |

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