|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| MONDAY 1, 20236oz Meat Lasagna(3oz Beef, 1/2c Pasta, 1oz Cheese, 1oz Sauce)1c Green Beans w/ Onions and mushrooms1c Tossed Salad w/ 2 TBSP Light Italian DressingGarlic Bread1c Cantaloupe & Honeydew  | TUESDAY 2, 20233oz Chicken Fried Steak1/2c Mashed Potatoes w/ 2oz LS Gravy1c Okra w/ NAS Diced tomatoes WW roll w/ 1 tsp margarine1c Pears | WEDNESDAY 3, 20235oz Sweet and Sour Pork(3oz Pork, 2oz Sauce)1c Oriental Vegetables, w/1 tsp Sesame Seeds 3/4c Brown Rice Wheat roll w/ 1 tsp margarine½ c mandarin Oranges1/2c SF Gelatin 1 fortune cookie | THURSDAY 4, 2023Soft Chicken Taco(3oz Chicken, 3/4 c Lettuce, tomato, 1 oz Cheese, 2 Corn Tortillas)1 c Broccoli and Cauliflower 1/2c LS Pinto Beans w/ 1oz GC1oz Salsa1/2c Diced mango | FRIDAY 5, 2023Beef Fajitas(3oz Beef, 1/2c Peppers and Onions, 1 6in flour tortilla )1c Yellow Squash and Red Peppers1oz Salsa1/2c LS Spanish Rice1c Strawberries and Bananas  |
| MONDAY 8, 2023Chile Relleno(1oz Cheese, 2oz Batter, 1 pepper)1c Tossed Salad w/ 2 TBSP Light Italian Dressing1/2c LS Stewed Tomatoes1/2c LS Pinto Beans1 6in Flour Tortilla1/2c Mixed Fruit | TUESDAY 9, 20234 oz. Pork Stir Fry1/2c Brown Rice1c Oriental Veggies1 WW Roll w/1 tsp. Margarine1/2c Pineapple 1 Fortune Cookie  | WEDNESDAY 10, 2023Frito Pie,(3oz Ground beef, ½ c Pinto beans, 2 oz Red Chile Sauce)1 oz Corn Chips ½ c Lettuce and tomato¼ c Onions1c Vegetable Medley w/ 1 tsp margarine 1/2 c Canned Peaches | THURSDAY 11, 2023Chicken Parm (3oz Chicken Breast, 1oz LS Marinara Sauce, 1oz Mozzarella Cheese, and 1 tsp parm Cheese) 1/2c Spaghetti1/2c Spinach w/ 1 tsp margarine1c Italian Blend vegetables  1c Grapes | FRIDAY 12, 2023Tuna Salad Sandwich(3oz Tuna, 2 slices WW Bread, 1/2c Lettuce, 2 slices tomato)6oz LS Vegetable Soup 1oz Sun Chips 8 Baby Carrots4 Celery Sticks4oz Sherbet |
| MONDAY 15, 2023Grilled Chicken Sandwich(3 oz. Chicken, 1 Bun, 1/2c Lettuce & 2 slices Tomato)1c Pasta Salad (1/2c Pasta, 1/2c Vegetables) 1/2c Fresh Tomato w/ red onions1c Fruit Salad  | TUESDAY 16, 2023Beef Stew(3 oz Beef, ½ c Vegetables)Biscuit,1 c Salad 2 TBSP LT Italian Dressing½ c Cinnamon Applesauce   | WEDNESDAY 17, 2023 4 oz. BBQ Chicken(3oz Chicken, 1oz LS Barbecue Sauce)1/2c LS Baked Beans1/2c Roasted Zucchini Spears 1c Green Salad w/ 2T Light Italian Dressing1 sl. Cornbread w/ 1 tsp. Margarine1/2c Peaches in SF Peach Cobbler  | THURSDAY 18, 20233oz Roast Beef 1 Baked Potato w/ 1 tsp margarine1/2 c Cucumber & Tomato Salad1 c California VeggiesWW Roll1/2c Tropical Fruit | FRIDAY 19, 2023Chef Salad(1 Hard Boiled Egg,1 oz. Chicken, 1 oz. Cheese, 2c Lettuce & 10 cherry tomatoes, 1/4c cucumbers, 8 baby carrots, 1/4c shredded red cabbage3T Light Ranch Dressing)6 LS WW Crackers1/2c Hawaiian Fruit Cup (Banana, orange, pineapple, shredded coconut) |
| MONDAY 22, 20233 oz. LS Lemon Pepper Fish Tilapia1 TBSP tartar Sauce1c Colelaw w/ 2 TBSP Dressing ½ Brown rice w/ 1/4c kale1c Roasted Brussel Sprouts & Carrots½ slice angel food cake w/ 1oz cherry topping | TUESDAY 23, 2023Chicken & Potato Burrito3oz Chicken and 1/2c Potatoes, 1 8 in WW flour tortilla with 2 oz LS RC Chili Sauce1 c Calabacitas1/2c Fruit Cocktail in 1/2c SF Gelatin  | WEDNESDAY 24, 2023Red chile pork(2oz Red Chile, 3oz Pork)4oz Roasted Potatoes1c Spanish Slaw1 6 in Flour TortillaFresh Orange | THURSDAY 25, 2023Green Chile Cheeseburger(1bun, 1oz GC, .5oz Cheese, 1 patty, 1/2c Lettuce and 2 slices tomato)1/2c Beet and Onion salad1/2c 5 way mixed vegetables 1c Sliced Apples | FRIDAY 26, 20236oz Chicken & Rice Casserole(3oz Chicken, ½ c Rice) ½ c LS French Style Green Beans1 c Tossed Salad w 1 TBSP Light Dressing (Italian) WW Roll1/2c Berries  |
| MONDAY 29, 2023Closed  | TUESDAY 30, 2023Red chile Beef Enchiladas(1oz RC, 3oz Beef, 1oz Cheese, 2 corn tortilla, 1/2c Lettuce and tomato)1/2c Roasted Cauliflower w/ chives1c LS Pinto Beans 1 banana | WEDNESDAY 31,2023Ham and Cheese Sandwich, (2oz LS Ham, .5oz Swiss Cheese, 1/2c lettuce, 2 slices tomato2 slices wheat bread)3/4c LS 3 bean salad (1/4c red beans)1/2c carrots 1c Watermelon  |  | ALL MEALS SERVED WITH 2% MILKRC= Red ChiliGC- Green Chili |

***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 | 701.1 | 706.3 | 828.9 | 705.0 | 704.2 |
| % Carbohydrates from Calories | 45-55% | 51.6 | 53.8 | 52.0 | 47.1 | 52.2 |
| % Protein from Calories | 15-25% | 21.3 | 20.9 | 20.7 | 23.2 | 21.8 |
| % Fat from Calories | 25-35% | 27.1 | 25.3 | 27.3 | 29.7 | 25.6 |
| Saturated Fat | less than 8g | 8.0 | 7.7 | 8.0 | 7.4 | 8.0 |
| Fiber | 10g or more | 11.8 | 12.2 | 14.1 | 10.0 | 18.0 |
| Vitamin B-12 | .8ug or more | 2.3 | 2.0 | 2.6 | 2.3 | 2.1 |
| Vitamin A | 300ug RAE or more | 373.5 | 595.0 | 830.0 | 540.0 | 1185.4 |
| Vitamin C | 30mg or more | 85.5 | 61.0 | 98.6 | 81.7 | 53.4 |
| Iron | 2.6mg or more | 4.4 | 5.4 | 5.8 | 4.1 | 5.3 |
| Calcium | 400mg or more | 510.6 | 556.6 | 5.9 | 460.4 | 574.1 |
| Sodium | less than 766mg | 709.8 | 765.5 | 695.7 | 727.1 | 643.8 |

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