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| MONDAY 1, 2023  6oz Meat Lasagna  (3oz Beef, 1/2c Pasta, 1oz Cheese, 1oz Sauce)  1c Green Beans w/ Onions and mushrooms  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  Garlic Bread  1c Cantaloupe & Honeydew | TUESDAY 2, 2023  3oz Chicken Fried Steak  1/2c Mashed Potatoes w/ 2oz LS Gravy  1c Okra w/ NAS Diced tomatoes  WW roll w/ 1 tsp margarine  1c Pears | WEDNESDAY 3, 2023  5oz 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 margarine  ½ c mandarin Oranges  1/2c SF Gelatin  1 fortune cookie | THURSDAY 4, 2023  Soft 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 GC  1oz Salsa  1/2c Diced mango | FRIDAY 5, 2023  Beef Fajitas  (3oz Beef, 1/2c Peppers and Onions, 1 6in flour tortilla )  1c Yellow Squash and Red Peppers  1oz Salsa  1/2c LS Spanish Rice  1c Strawberries and Bananas |
| MONDAY 8, 2023  Chile Relleno  (1oz Cheese, 2oz Batter, 1 pepper)  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  1/2c LS Stewed Tomatoes  1/2c LS Pinto Beans  1 6in Flour Tortilla  1/2c Mixed Fruit | TUESDAY 9, 2023  4 oz. Pork Stir Fry  1/2c Brown Rice  1c Oriental Veggies  1 WW Roll w/  1 tsp. Margarine  1/2c Pineapple  1 Fortune Cookie | WEDNESDAY 10, 2023  Frito Pie,  (3oz Ground beef, ½ c Pinto beans, 2 oz Red Chile Sauce)  1 oz Corn Chips  ½ c Lettuce and tomato  ¼ c Onions  1c Vegetable Medley w/ 1 tsp margarine  1/2 c Canned Peaches | THURSDAY 11, 2023  Chicken Parm  (3oz Chicken Breast, 1oz LS Marinara Sauce, 1oz Mozzarella Cheese, and 1 tsp parm Cheese)  1/2c Spaghetti  1/2c Spinach w/ 1 tsp margarine  1c Italian Blend vegetables  1c Grapes | FRIDAY 12, 2023  Tuna Salad Sandwich  (3oz Tuna, 2 slices WW Bread, 1/2c Lettuce, 2 slices tomato)  6oz LS Vegetable Soup  1oz Sun Chips  8 Baby Carrots  4 Celery Sticks  4oz Sherbet |
| MONDAY 15, 2023  Grilled 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 onions  1c Fruit Salad | TUESDAY 16, 2023  Beef Stew  (3 oz Beef, ½ c Vegetables)  Biscuit,  1 c Salad 2 TBSP LT Italian Dressing  ½ c Cinnamon Applesauce | WEDNESDAY 17, 2023  4 oz. BBQ Chicken  (3oz Chicken, 1oz LS Barbecue Sauce)  1/2c LS Baked Beans  1/2c Roasted Zucchini Spears  1c Green Salad w/  2T Light Italian Dressing  1 sl. Cornbread w/ 1 tsp. Margarine  1/2c Peaches in SF Peach Cobbler | THURSDAY 18, 2023  3oz Roast Beef  1 Baked Potato w/ 1 tsp margarine  1/2 c Cucumber & Tomato Salad  1 c California Veggies  WW Roll  1/2c Tropical Fruit | FRIDAY 19, 2023  Chef 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 cabbage  3T Light Ranch Dressing)  6 LS WW Crackers  1/2c Hawaiian Fruit Cup (Banana, orange, pineapple, shredded coconut) |
| MONDAY 22, 2023  3 oz. LS Lemon Pepper Fish Tilapia  1 TBSP tartar Sauce  1c Colelaw w/ 2 TBSP Dressing  ½ Brown rice w/ 1/4c kale  1c Roasted Brussel Sprouts & Carrots  ½ slice angel food cake w/ 1oz cherry topping | TUESDAY 23, 2023  Chicken & Potato Burrito  3oz Chicken and 1/2c Potatoes, 1 8 in WW flour tortilla  with 2 oz LS RC Chili Sauce  1 c Calabacitas  1/2c Fruit Cocktail in 1/2c SF Gelatin | WEDNESDAY 24, 2023  Red chile pork  (2oz Red Chile, 3oz Pork)  4oz Roasted Potatoes  1c Spanish Slaw  1 6 in Flour Tortilla  Fresh Orange | THURSDAY 25, 2023  Green Chile Cheeseburger  (1bun, 1oz GC, .5oz Cheese, 1 patty, 1/2c Lettuce and 2 slices tomato)  1/2c Beet and Onion salad  1/2c 5 way mixed vegetables  1c Sliced Apples | FRIDAY 26, 2023  6oz Chicken & Rice Casserole  (3oz Chicken, ½ c Rice)  ½ c LS French Style Green Beans  1 c Tossed Salad w 1 TBSP Light Dressing (Italian)  WW Roll  1/2c Berries |
| MONDAY 29, 2023  Closed | TUESDAY 30, 2023  Red chile Beef Enchiladas  (1oz RC, 3oz Beef, 1oz Cheese, 2 corn tortilla, 1/2c Lettuce and tomato)  1/2c Roasted Cauliflower w/ chives  1c LS Pinto Beans  1 banana | WEDNESDAY 31,2023  Ham and Cheese Sandwich,  (2oz LS Ham, .5oz Swiss Cheese, 1/2c lettuce, 2 slices tomato  2 slices wheat bread)  3/4c LS 3 bean salad (1/4c red beans)  1/2c carrots  1c Watermelon |  | ALL MEALS SERVED WITH 2% MILK  RC= Red Chili  GC- Green Chili |

***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 | 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