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| **ALL MEALS SERVED WITH**  **2% MILK**  **RC= Red Chili**  **GC- Green Chili** | **MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY OF PRODUCT** |  |  | **FRIDAY 1, 2023**  3 oz. Lean LS Pork Chop  1/2c LS LS 3 Bean Salad  1 med baked sweet potato w/ 1 tsp margarine  1 WW Roll w/ 1 tsp. Margarine  Orange  **PDL BINGO** |
| **MONDAY 4, 2023**  **CLOSED** | **TUESDAY 5, 2023**  Beef Pot Roast w/ 3 oz meat and 3oz potatoes,  1oz onion, carrots, celery, 1oz LS Broth)  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  1 Whole Wheat Roll  1 Pear | **WEDNESDAY 6, 2023**  3oz lean LS Boneless Country style ribs  1 TBSP LS barbecue sauce  1/2c Black eyed peas  1c Château Blend Vegetables  Wheat roll  1c Watermelon  **PDL BINGO** | **THURSDAY 7, 2023**  3oz Country Fried Steak  1/2c LS Mashed Potatoes w/  1oz Low Sodium Country Gravy  1/2c Glazed Carrots  1 WW Roll w/ 1 tsp. Margarine  1/2c Cherries in Crisp  **LA LOMA BINGO** | **FRIDAY 8, 2023**  1/2c Summer Salad  (1/4c pasta, 2oz Veggies)  1c Pepper Steak w/ 3 oz. meat and 5 oz. Green & Red Pepper and Onion  1/2c Brown rice  1/2c Brussel Sprouts  1 Whole Wheat Roll  1/2c Mandarin Oranges  **PDL BINGO** |
| **MONDAY 11, 2023**  Breakfast For Lunch  1 oz. Reduced fat Sausage Patty  1 Med. Size Scrambled Eggs  1c Diced Potatoes with Peppers and Onions  1 sl wheat bread toast w/ 1 tsp margarine  1c Fruit Salad  1/2c Nonfat vanilla Greek yogurt | **TUESDAY 12, 2023**  3 oz. LS Garlic Herb Baked Cod  2T Tartar Sauce  1/2c Sweet Potatoes w/ 1 tsp margarine  1/2c Spinach  1/2c Coleslaw w/ 1 TBSP Dressing  1 WW Roll w/ 1 tsp  Margarine  1/2c Fruit Cocktail  1/2c SF Gelatin | **WEDNESDAY 13, 2023**  Cheeseburger  (3oz Beef Patty, .5oz cheese, 1 WW bun, 1/2c Lettuce, 2 slices tomato, 1 slices onion)  1oz Sun Chips  1/2c Cucumber Salad  1/2c No added salt French style Green Beans  1c Tropical Fruit Salad  **PDL BINGO** | **THURSDAY 14, 2023**  4 oz. BBQ Chicken Breast  (1 TBSP LS BBQ Sauce)  1c Brown Rice  1c California Vegetables  1 WW Roll w/ 1 tsp. Margarine  1c Apple slices | **FRIDAY 15, 2023**  1c Posole  (3 oz. Pork, 1/4c Red Chile,  1/2c Hominy)  1c Salad w/ 2T Light Italian Dressing, add 1/8 cup sliced radishes  1 6in WW Tortilla  Banana  **PDL BINGO** |
| **MONDAY 18, 2023**  1c Salad w/ 2T Light Italian Dressing,  1 svg Stuffed Peppers w/ 3 pz meat, 1/4c rice, 1/2 Green Bell Pepper  1/2c Cauliflower  1 Whole Wheat Roll  1/2c Mixed Fruit | **TUESDAY 19, 2023**  8oz Chicken Pot Pie  (.5oz crust, 3oz Chicken, 1/2c vegetables, 1oz Sauce)  1c Salad w/ 2 TBSP light Italian Dressing  1/2c Plums  Wheat roll | **WEDNESDAY 20, 2023**  Chile Dogs  (1oz Beef frank, 1bun, 3oz Chile sauce (2oz Meat, 1oz Sauce))  1c Honeydew  1/2c Steamed cabbage  1/2c Tomato and red onion salad  **PDL BINGO** | **THURSDAY 21, 2023**  7oz Red Beef Enchiladas  (3 oz. Beef, .5oz. Cheese, 1 oz. Red Chile, 2 Corn Tortillas)  1/2c Lettuce & Tomato  1c Vegetable Medley  1/2c LS Pinto Beans  1/2c LS Spanish Rice  1c Grapes  **LA LOMA BINGO** | **FRIDAY 22, 2023**  Chicken Taco  (3oz Chicken, 1/2c Lettuce and tomato, 1 6in Flour tortilla, 1oz Salsa)  1c LS Mexican Roasted Vegetables  (Onion, bell peppers, broccoli, summer squash, lime juice and LS taco Seasoning)  1/2c Cilantro Lime Brown Rice  1/2c Spiced Pears  **PDL BINGO** |
| **MONDAY 25, 2023**  1c Chili and Beans  (1.5oz Lean Beef, 1/2c LS Pinto Beans, 2oz Red chile  1c Capri Vegetables  6 LS WW crackers  1/2c Pineapple | **TUESDAY 26, 20233**  Chicken Cordon Bleu  (2oz Chicken, .5oz LS Ham, .5oz Mozzarella, 1 tsp parmesan), 1/4c Breadcrumbs)  .5oz Light Alfredo sauce  1/2c Roasted Zucchini  1/2c Asparagus  6 LS WW Crackers  1/2c Peaches | **WEDNESDAY 27, 2023**  Smothered Red Chile Burrito  (3 oz. Lean Beef, .5oz Cheese, 1 6 in Flour Tortilla,  2 oz. LS Red Chile)  3/4c Lettuce, Tomato, Onion  1/2c Chuckwagon Vegetables 1/2c Green beans  1/2c Strawberries  **PDL BINGO** | **THURSDAY 28, 2023**  Macaroni & Cheese  (.5oz. Cheese, 1/2c Macaroni)  2 oz. Low Sodium Ham  1c Brussel Sprouts & Carrots  1 wheat Roll  1/2c Greek nonfat vanilla yogurt | **FRIDAY 29, 2023**  1/2c Summer Salad  Liver and Onions  (3oz LS Lean Liver and 1/4c Onions)  1/2c Herb Roasted Potatoes  1/2c Spinach w/ Garlic  1 Whole Wheat Roll  1/2c Applesauce  **PDL BINGO** |

***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:**  **1** | **Days in Week:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** |
| **Calories** | 700 or more | 723.4 | 719.7 | 731.8 | 703.2 | 746.2 |
| **% Carbohydrates from Calories** | 45-55% | 46.9 | 49.5 | 50.1 | 50.3 | 49.2 |
| **% Protein from Calories** | 15-25% | 23.4 | 22.4 | 22.6 | 21.6 | 25.7 |
| **% Fat from Calories** | 25-35% | 29.7 | 28.0 | 27.3 | 28.1 | 25.1 |
| **Saturated Fat** | less than 8g | 7.5 | 7.7 | 8.0 | 8.0 | 8.0 |
| **Fiber** | 10g or more | 12.9 | 10.8 | 10.0 | 11.9 | 10.5 |
| **Vitamin B-12** | .8ug or more | 1.9 | 3.9 | 2.5 | 2.3 | 17.1 |
| **Vitamin A** | 300ug RAE or more | 1388.9 | 401.3 | 556.2 | 465.1 | 1786.0 |
| **Vitamin C** | 30mg or more | 97.1 | 61.7 | 41.7 | 69.8 | 40.6 |
| **Iron** | 2.6mg or more | 3.5 | 5.5 | 4.2 | 5.3 | 5.8 |
| **Calcium** | 400mg or more | 508.3 | 452.6 | 434.0 | 464.5 | 810.6 |
| **Sodium** | less than 766mg | 526.4 | 713.3 | 766.6 | 736.1 | 749.5 |

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.

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