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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 Chop1/2c LS LS 3 Bean Salad1 med baked sweet potato w/ 1 tsp margarine 1 WW Roll w/ 1 tsp. MargarineOrange**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 Roll1 Pear | **WEDNESDAY 6, 2023**3oz lean LS Boneless Country style ribs1 TBSP LS barbecue sauce1/2c Black eyed peas1c Château Blend Vegetables Wheat roll 1c Watermelon **PDL BINGO** | **THURSDAY 7, 2023**3oz Country Fried Steak1/2c LS Mashed Potatoes w/1oz Low Sodium Country Gravy1/2c Glazed Carrots 1 WW Roll w/ 1 tsp. Margarine1/2c 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 Onion1/2c Brown rice1/2c Brussel Sprouts1 Whole Wheat Roll1/2c Mandarin Oranges **PDL BINGO** |
| **MONDAY 11, 2023**Breakfast For Lunch1 oz. Reduced fat Sausage Patty1 Med. Size Scrambled Eggs1c Diced Potatoes with Peppers and Onions1 sl wheat bread toast w/ 1 tsp margarine1c Fruit Salad1/2c Nonfat vanilla Greek yogurt  | **TUESDAY 12, 2023**3 oz. LS Garlic Herb Baked Cod 2T Tartar Sauce1/2c Sweet Potatoes w/ 1 tsp margarine1/2c Spinach 1/2c Coleslaw w/ 1 TBSP Dressing1 WW Roll w/ 1 tsp Margarine1/2c 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 Salad1/2c No added salt French style Green Beans1c Tropical Fruit Salad**PDL BINGO** | **THURSDAY 14, 2023**4 oz. BBQ Chicken Breast(1 TBSP LS BBQ Sauce)1c Brown Rice 1c California Vegetables1 WW Roll w/ 1 tsp. Margarine1c 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 TortillaBanana**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 Roll1/2c 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 Dressing1/2c PlumsWheat roll  | **WEDNESDAY 20, 2023**Chile Dogs(1oz Beef frank, 1bun, 3oz Chile sauce (2oz Meat, 1oz Sauce))1c Honeydew1/2c Steamed cabbage1/2c 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 & Tomato1c Vegetable Medley1/2c LS Pinto Beans1/2c LS Spanish Rice1c 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 Rice1/2c Spiced Pears **PDL BINGO** |
| **MONDAY 25, 2023** 1c Chili and Beans(1.5oz Lean Beef, 1/2c LS Pinto Beans, 2oz Red chile1c Capri Vegetables6 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 sauce1/2c Roasted Zucchini1/2c Asparagus6 LS WW Crackers1/2c 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, Onion1/2c Chuckwagon Vegetables1/2c 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 & Carrots1 wheat Roll 1/2c Greek nonfat vanilla yogurt | **FRIDAY 29, 2023**1/2c Summer SaladLiver and Onions(3oz LS Lean Liver and 1/4c Onions)1/2c Herb Roasted Potatoes1/2c Spinach w/ Garlic 1 Whole Wheat Roll1/2c 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.

 Constance Rudnicki MS, RDN, LD