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| MONDAY 1 2023  CLOSED | Tuesday January 2  Chef’s Salad w/ 1oz Turkey, 1oz LS Ham, Tomato, and 1 HB Egg  1.5 c Lettuce, 5 cherry tomatoes, 8 baby carrots, 1/4c each Red Cabbage, Cucumbers  2 TBSP FF ranch Dressing  6 LS WW Crackers  3/4c Fruit Salad | WEDNESDAY 3,2023  Scalloped potatoes and ham  **(1 oz. Low Sodium Ham,**  **1/3c scalloped potatoes)**  1c Tossed Salad w/  2T FF Ranch Dressing  1 sl. LF Cornbread w/ 1 tsp. Margarine  1/2c Peaches  8oz of Greek nonfat vanilla yogurt | THURSDAY 4, 2024  5 oz. LS Chicken curry in a Hurry  (3oz chicken, 2 oz Sauce)  1/2c Egg Noodles  1c Vegetable Medley  1 Wheat Roll w/ 1 tsp. Margarine  1c Strawberries | FRIDAY 5, 2024  1c Chico and Beans  (1/2c Beans, 1/4c chicos, 1 oz Red Chile)  1c Capri Vegetable  1 6in WW Flour Tortilla  1/2c SF gelatin w/ 1/2c Banana |
| MONDAY 8, 2024  Beef Green Chile Stew  (3oz. Beef, 1 oz. Green Chile, 1/2c Potatoes & Carrots)  1/2c Spinach  1 Wheat roll  3/4c Diced Mango | TUESDAY 9, 2024  Arroz con Pollo  (3 oz. Chicken, 1 oz. Sauce, 1/2c Rice)  1c Tossed Salad w/  2T Low Fat Dressing  6 LS WW Crackers  1/2 c Blueberries in Crisp | WEDNESDAY 10, 2024  3 oz. Baked Pork Chop/  1/2c Lemon Herb Orzo  1c California blend Vegetables  1 Wheat Roll w/ 1 tsp. Margarine  1 Fresh Pear | THURSDAY 11, 2024  G.C Chicken Enchiladas  (3 oz. Chicken, 1 oz. Green Chile, 1 oz. Cheese, 2 Corn Tortillas)  1/2c Pinto Beans  1/2c Lettuce & Tomato  3/4c Zucchini  1c Mandarin Oranges & Pineapple | FRIDAY 12, 2024  Breakfast for Lunch  (2 Med. Eggs, 1 oz. Sausage)  1c Hashbrowns & Peppers onions  1 Fresh Apple  1 6 in Flour Tortilla |
| MONDAY 15, 2024  CLOSED | TUESDAY 16, 2024  Cheeseburger  (3 oz. Beef, .5oz. Cheese,  1 Bun, 1/2c Lettuce, 2 slices Tomato  1 slice Onion)  1/2c NAS Baked French Fries  1/2c Sliced carrots  1/2c Fruit cocktail | WEDNESDAY 17, 2024  Sweet and Sour Pork  (3oz Pork, 2oz Sauce, 1/4c pineapple, 1/4c Bell Pepper/Green onion, sesame seeds)  3/4c Fried Rice  1c Oriental Vegetables  1 Vegetable Egg Roll  1/2c Spiced Peaches | THURSDAY 18, 2024  4 oz. Mama's Meatloaf  1/2c LS Mashed Potatoes w/ 1oz. Low Sodium Gravy  3/4c Roasted Brussel Sprouts  1 Wheat Roll  1/2c mixed fruit | FRIDAY 19, 2024  Chicken Posole  (3 oz. Chicken, 1 oz Green Chile, 1/2c Hominy)  1c Zucchini w/ NAS Diced Tomatoes  1 6in WW Tortilla  orange |
| MONDAY 22, 2024  Chicken Adovada  (3oz Chicken, 2oz RC)  1/2c LS Roasted red Herb Potatoes  1/2c Green Beans  1 Wheat Roll  3/4c Berries in 1/2c SF Gelatin | TUESDAY 23, 2024  1c Menudo with Posole  (3 oz. Tripe, 1 oz. Red Chile,  1/2c Hominy)  1c Tossed salad w/ 2 TBSP FF Ranch Dressing  1 6 in Flour Tortilla w/  1 tsp. Margarine  1/2c Apricots | WEDNESDAY 24, 2024  1c Lasagna  (3 oz. Beef, 1 oz. Cheese, 1 oz. Tomatoes Sauce, 1/2c Noodles)  1 Bread Stick w/ 1 tsp. Margarine  1c Tossed salad w/ 2 TBSP FF Italian Dressing  1c Italian Blend Vegetables  1/2c Warm Apple Slices | THURSDAY 25, 2024  Chicken Soft Taco  (3 oz. Chicken,  2 Corn Tortillas, 1/2c Lettuce & Tomato, 2 TBSP Salsa)  1/2c LS Spanish Rice  1c Winter Blend Vegetables  1c Fruit Salad | FRIDAY 26, 2024  3/4c Chili & Beans  (3 oz. Beef, 1 oz. Red Chile, 1/4c Beans)  1c Garden Blend Vegetables  1 6 in Flour Tortilla w/  1 tsp. Margarine  1/2c SF Gelatin |
| MONDAY 29, 2024  Pork & Cabbage w/ Green Chile  (3 oz. Pork, 1/2c Cabbage,  1/4c Green Chile)  1/2c Sweet Potatoes  1 Wheat Roll w/ 1 tsp. Margarine  1/2c Spiced pears  1 slice of SF Angel Food Cake | TUESDAY 30, 2023  Chicken and Mushrooms  (3oz Chicken, 2oz LS Gravy, 1/2c Mushrooms)  1c Chateau Blend Vegetables w/ 1 tsp margarine  Wheat roll w/ 1 tsp. Margarine  1 Orange | WEDNESDAY 31, 2024  Green Chile Pork Stew  (3 oz. Pork, 1 oz. Green Chile, 1/2c Potato & Carrots)  1/2c Beets  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing  6 LS WW Crackers  1/2c Plums  1/2c Greek Nonfat vanilla yogurt | **All Meals Served**  **with 2% Milk**  **Menus subject to change** |  |

***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:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **3** |
| Calories | 700 or more | 708.3 | 719.3 | 721.5 | 700.7 | 700.9 |
| % Carbohydrates from Calories | 45-55% | 53.2 | 49.3 | 50.2 | 49.4 | 49.8 |
| % Protein from Calories | 15-25% | 21.8 | 21.6 | 22.5 | 23.4 | 22.2 |
| % Fat from Calories | 25-35% | 25.0 | 29.1 | 27.3 | 27.2 | 27.9 |
| Saturated Fat | less than 8g | 7.7 | 8.0 | 8.0 | 7.9 | 7.9 |
| Fiber | 10g or more | 11.5 | 10.5 | 11.0 | 11.6 | 10.8 |
| Vitamin B-12 | .8ug or more | 2.0 | 2.1 | 2.5 | 5.7 | 1.6 |
| Vitamin A | 300ug RAE or more | 510.2 | 430.0 | 429.4 | 462.4 | 496.9 |
| Vitamin C | 30mg or more | 31.6 | 49.3 | 94.5 | 38.7 | 48.5 |
| Iron | 2.6mg or more | 4.2 | 4.3 | 5.4 | 5.4 | 3.8 |
| Calcium | 400mg or more | 519.0 | 473.7 | 479.7 | 475.4 | 446.3 |
| Sodium | less than 766mg | 764.2 | 665.9 | 707.2 | 733.9 | 508.4 |

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