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| MONDAY 1 2023CLOSED  | Tuesday January 2 Chef’s Salad w/ 1oz Turkey, 1oz LS Ham, Tomato, and 1 HB Egg1.5 c Lettuce, 5 cherry tomatoes, 8 baby carrots, 1/4c each Red Cabbage, Cucumbers2 TBSP FF ranch Dressing6 LS WW Crackers3/4c Fruit Salad | WEDNESDAY 3,2023Scalloped potatoes and ham**(1 oz. Low Sodium Ham,** **1/3c scalloped potatoes)**1c Tossed Salad w/ 2T FF Ranch Dressing1 sl. LF Cornbread w/ 1 tsp. Margarine1/2c Peaches 8oz of Greek nonfat vanilla yogurt  | THURSDAY 4, 20245 oz. LS Chicken curry in a Hurry(3oz chicken, 2 oz Sauce)1/2c Egg Noodles1c Vegetable Medley1 Wheat Roll w/ 1 tsp. Margarine1c Strawberries  | FRIDAY 5, 20241c Chico and Beans(1/2c Beans, 1/4c chicos, 1 oz Red Chile)1c Capri Vegetable 1 6in WW Flour Tortilla1/2c SF gelatin w/ 1/2c Banana |
| MONDAY 8, 2024Beef 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, 2024Arroz con Pollo(3 oz. Chicken, 1 oz. Sauce, 1/2c Rice)1c Tossed Salad w/ 2T Low Fat Dressing6 LS WW Crackers 1/2 c Blueberries in Crisp | WEDNESDAY 10, 20243 oz. Baked Pork Chop/ 1/2c Lemon Herb Orzo 1c California blend Vegetables1 Wheat Roll w/ 1 tsp. Margarine1 Fresh Pear | THURSDAY 11, 2024G.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, 2024Breakfast for Lunch (2 Med. Eggs, 1 oz. Sausage)1c Hashbrowns & Peppers onions1 Fresh Apple 1 6 in Flour Tortilla |
| MONDAY 15, 2024CLOSED  | TUESDAY 16, 2024Cheeseburger (3 oz. Beef, .5oz. Cheese, 1 Bun, 1/2c Lettuce, 2 slices Tomato 1 slice Onion) 1/2c NAS Baked French Fries1/2c Sliced carrots 1/2c Fruit cocktail  | WEDNESDAY 17, 2024Sweet and Sour Pork(3oz Pork, 2oz Sauce, 1/4c pineapple, 1/4c Bell Pepper/Green onion, sesame seeds)3/4c Fried Rice 1c Oriental Vegetables1 Vegetable Egg Roll 1/2c Spiced Peaches  | THURSDAY 18, 20244 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, 2024Chicken Posole(3 oz. Chicken, 1 oz Green Chile, 1/2c Hominy) 1c Zucchini w/ NAS Diced Tomatoes1 6in WW Tortillaorange |
| MONDAY 22, 2024Chicken Adovada (3oz Chicken, 2oz RC)1/2c LS Roasted red Herb Potatoes 1/2c Green Beans1 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 Dressing1 6 in Flour Tortilla w/ 1 tsp. Margarine1/2c Apricots | WEDNESDAY 24, 20241c 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 Dressing1c Italian Blend Vegetables 1/2c Warm Apple Slices  | THURSDAY 25, 2024Chicken Soft Taco (3 oz. Chicken,2 Corn Tortillas, 1/2c Lettuce & Tomato, 2 TBSP Salsa)1/2c LS Spanish Rice 1c Winter Blend Vegetables1c Fruit Salad | FRIDAY 26, 2024 3/4c Chili & Beans(3 oz. Beef, 1 oz. Red Chile, 1/4c Beans) 1c Garden Blend Vegetables1 6 in Flour Tortilla w/ 1 tsp. Margarine1/2c SF Gelatin |
| MONDAY 29, 2024Pork & Cabbage w/ Green Chile(3 oz. Pork, 1/2c Cabbage, 1/4c Green Chile)1/2c Sweet Potatoes 1 Wheat Roll w/ 1 tsp. Margarine1/2c Spiced pears1 slice of SF Angel Food Cake | TUESDAY 30, 2023Chicken and Mushrooms(3oz Chicken, 2oz LS Gravy, 1/2c Mushrooms)1c Chateau Blend Vegetables w/ 1 tsp margarineWheat roll w/ 1 tsp. Margarine1 Orange | WEDNESDAY 31, 2024Green 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 Dressing6 LS WW Crackers1/2c Plums1/2c 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