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|  |  | **WEDNESDAY 1, 2023**  **Orange Chicken Tempura**  **(1oz tempura, 3oz Diced Chicken, 2oz Sauce, 1 TBSP Sesame Seeds)**  **3/4c Brown Rice**  **1c Asian Veggies**  **1-Fortune Cookie**  **1/2c Mandarin Oranges w/ 1 tsp cinnamon** | **THURSDAY 2, 2023**  **1c Tossed Salad w/ 2 TBSP Light Dressing**  **3oz Meatloaf**  **1/2c Potatoes Au Gratin**  **3/4c Roasted Brussel Sprouts w/ 1 tsp margarine**  **Wheat Roll w/ 1 tsp margarine**  **1/2c Chilled Pears** | **FRIDAY 3, 2023**  **3oz LS Baked Tilapia**  **1/2c LS Seasoned Rice**  **3/4c Green Beans & 1/4c Corn w/ 1 tsp margarine**  **Wheat Roll w/ 1 tsp margarine**  **1/2c Fruit Salad w/ 1 TBSP Whipped Topping** |
| **MONDAY 6, 2023**  **Ham & Cheese Sandwich**  **(2oz LS Ham, 1oz Swiss Cheese, 1 sweet slider bun, 1/2c lettuce, 2 slices tomato)**  **1c Pasta Salad**  **(1/2c pasta, 1/2 c vegetables)**  **1/2c 3 Bean Salad**  **1/2c Pineapple** | **TUESDAY 7, 2023**  **Carne Adovada Burrito**  **(3oz pork, 2ox red chile, 1 6in flour tortilla)**  **1/2c LS Refried Beans**  **1/2c Spanish Slaw**  **3/4c Peaches** | **WEDNESDAY 8, 2023**  **3oz Turkey Roast**  **2oz LS Turkey Gravy**  **1/4c Bread Stuffing**  **1/2c Asparagus**  **1c Tossed Salad w/ 2 TBSP Light Dressing**  **Wheat Roll**  **1/2c Sherbet** | **THURSDAY 9, 2023**  **Chicken Alfredo**  **(3oz Chicken, 1oz Light Alfredo Sauce)**  **1/2c Fettuccine Noodles**  **1c Broccoli & Cauliflower**  **1 plain breadstick w/ 1 tsp garlic powder**  **1/2c Apricots** | **FRIDAY 10, 2023**  **6oz Green Chili Salmon**  **Enchiladas**  **(1oz GC, 3oz Salmon, 2 corn tortillas, 1oz Cheese, 1/2c Lettuce and tomato)**  **1/2c LS Spanish Rice**  **1c Zucchini and Yellow Squash**  **1/2c LS Pinto Beans**  **1/2c Mixed Fruit** |
| **MONDAY 13, 2023**  **4oz Beef Tips**  **1/2c Egg Noodles**  **1c Vegetable Medley**  **Wheat Roll**  **1 Oatmeal cookie** | **TUESDAY 14, 2023**  **BBQ Pork Patty**  **(4oz Patty, 1oz LS Barbecue Sauce)**  **1c LS Baked Beans**  **1/2c Steamed Spinach**  **1/2cBeet and Onion Salad**  **Cornbread**  **1c Fresh Grapes** | **WEDNESDAY 15, 2023**  **Chicken Fajita**  **(1 6in Flour tortilla, 1c Fajita Vegetables, 3oz Chicken)**  **1c Capri Vegetables**  **1/2c LS Black Beans**  **1/2c Spiced Apples** | **THURSDAY 16, 2023**  **ST. PATRICK’S DAY DINNER**  **2oz Corned Beef**  **1c Steamed Cabbage & White Beans)**  **1/2c Carrots**  **Wheat Roll**  **1/2c SF Lime Gelatin w/ 1/4c Whipped Topping** | **FRIDAY 17, 2023**  **6oz Tuna Casserole**  **(1/2c Noodles, 3oz Tuna, 1/2c Peas and Carrots)**  **1c Tossed Salad w/ 2 TBSP Ranch Dressing**  **4 LS WW Crackers**  **1c Tropical Fruit Salad** |
| **MONDAY 20, 2023**  **Green Chili Pork Posole**  **(1/2c Posole, 1 oz GC, 3oz Pork)**  **1c Calabacitas**  **1 6in flour Tortilla**  **3/4c Fruit Compote** | **TUESDAY 21, 2023**  **Breaded Chicken Sandwich**  **(1bun, 3oz breaded chicken, 1/2c lettuce, 2 slices tomato)**  **1c Coleslaw, 2 TBSP Dressing**  **1/2c Celery & 8 Carrot Sticks**  **Fresh Pear** | **WEDNESDAY 22, 2023**  **3oz Lean Boneless Pork Chop**  **1/2c LS Rice Pilaf**  **1c California Veggies**  **Wheat Roll**  **1/2c Peaches** | **THURSDAY 23, 2023**  **6oz Red Chili Beef Enchiladas**  **(3oz Beef, 2corn tortilla, 1oz RC, 1/2c Lettuce and tomato)**  **1/2c LS Refried Beans**  **1/2c Green Beans**  **1c Tossed Salad w/ 2 TBSP Light Dressing**  **4 LS WW Crackers**  **Fresh Orange** | **FRIDAY 24, 2023**  **Egg Salad Sandwich**  **(2 slices wheat bread, 1/2c Egg salad (1egg), 1/2c Lettuce, 2 slices tomato)**  **1/2c Cucumber & Tomato Salad w/ 1/2c LS Garbanzo Beans**  **2 slices dill Pickle**  **1c Fresh Strawberries** |
| **MONDAY 27, 2022**  **3oz Salisbury Steak**  **1/2c Mashed Potatoes**  **Mushroom Gravy-1/4c Mushrooms, 2oz LS Gravy**  **1c Country Blend Vegetables**  **Wheat Roll**  **1/2c Plums** | **TUESDAY 28, 2023**  **Hot Dog**  **(1 beef and pork hot, 1 bun)**  **10 NAS French Fries**  **1/2c 5 Way Veggies**  **1/2c Light Vanilla Ice Cream** | **WEDNESDAY 29, 2023**  **3oz Grilled Chicken Breast**  **1/2c Garlic Noodles**  **1/2c French Style Green Beans**  **1c Tossed Salad w/ 2 TBSP Light Dressing**  **Biscuit**  **Banana** | **THURSDAY 30, 2023**  **1/3c Cheese Tortellini with**  **3oz Meaty Marinara Sauce**  **(2oz Ground beef, 1oz LS Marinara Sauce)**  **1c Italian Veggies**  **1c spinach garden salad**  **(1c Spinach, 1/4c Cucumbers, 1/4c Shredded carrots, 1/4c Red Cabbage)**  **2 TBSP Light Ranch Dressing**  **Garlic Toast**  **1/2c Applesauce** | **FRIDAY 31, 2023**  **Soft Fish Taco**  **(2 corn tortilla, 3oz LS Fish, 3/4c Spanish Slaw, 1 TBSP salsa)**  **1/3c Roasted Corn & Black Bean Blend**  **1/2c LS Wild Rice**  **1/2c Diced Mango** |

***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:**  **3** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** |
| Calories | 700 or more | 765.3 | 700.9 | 700.6 | 736.6 | 738.4 |
| % Carbohydrates from Calories | 45-55% | 55.1 | 51.4 | 54.6 | 49.4 | 50.1 |
| % Protein from Calories | 15-25% | 19.9 | 23.7 | 19.6 | 19.6 | 19.8 |
| % Fat from Calories | 25-35% | 25.0 | 25.0 | 25.8 | 31.0 | 30.1 |
| Saturated Fat | less than 8g | 6.8 | 7.9 | 7.4 | 8.0 | 8.0 |
| Fiber | 10g or more | 10.0 | 10.2 | 13.3 | 12.5 | 10.2 |
| Vitamin B-12 | .8ug or more | 2.4 | 1.9 | 1.9 | 1.9 | 2.1 |
| Vitamin A | 300ug RAE or more | 421.4 | 432.1 | 504.1 | 717.5 | 431.1 |
| Vitamin C | 30mg or more | 64.8 | 50.0 | 55.6 | 68.7 | 48.6 |
| Iron | 2.6mg or more | 5.0 | 4.3 | 5.3 | 68.7 | 4.9 |
| Calcium | 400mg or more | 485.2 | 521.0 | 507.4 | 499.6 | 488.0 |
| Sodium | less than 766mg | 736.2 | 756.6 | 763.2 | 752.2 | 713.5 |

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