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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