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| --- | --- | --- | --- | --- |
| **8 oz. 2% Milk Served**  **With All Meals**  **Occasionally We Must**  **Substitute Food Items**  **We Are Sorry For The**  **Inconvenience** |  |  | **Thursday 1, 2023**  **8oz Reduced Fat Clam Chowder**  **(w/ 3 oz. Clams)**  **1c Tossed Salad W/ 2T Light Italian Dressing**  **1/2c Beets**  **6 LS Crackers**  **1c Apricots** | **Friday 2, 2023**  **3 oz. Baked Chicken Nuggets W/**  **1 oz. LS BBQ Sauce**  **1/2c LS Rice Pilaf**  **1c Carrots & Broccoli**  **1c Applesauce** |
| **Monday 5, 2023**  **Turkey & Cheese Sandwich**  **(1 oz. Turkey, .5 oz. Cheese,**  **2 sl. Bread)**  **1/2c Lettuce & 2 slices Tomatoes**  **1/2c Cucumber, onion and tomato Salad**  **½ LS Garbanzo Beans**  **1oz Sun Chips**  **1 Banana** | **Tuesday 6, 2023**  **Tamales**  **(3oz. Pork, 2oz Red Chile,**  **3 oz. Masa)**  **1/2c Brown Rice w/ 1/2c Spinach**  **1/2c LS Refried Beans**  **3/4c Peaches** | **Wednesday 7, 2023**  **1c Ham & Bean Soup**  **(2 oz Low Sodium Ham, 2 oz. Sauce, 1/2c Beans)**  **6 LS WW Crackers w/ 1 tsp. Margarine**  **1c Tossed Salad w/ 2 TBSP Light Italian Dressing**  **1/2c Green Pea**  **1/2c SF Gelatin** | **Thursday 8, 2023**  **5 oz. Sweet & Sour Chicken 1oz Sauce**  **1/2c Chow mein noodles**  **1c Winter Blend**  **1/2c Mandarin Oranges**  **1/2c Lemon Pudding** | **Friday 9, 2023**  **Tuna Salad Sandwich**  **(4oz Tuna Salad,**  **2 sl. Wheat Bread)**  **1/2c Lettuce & 2 slices Tomatoes**  **1c California blend Vegetables**  **1oz Baked Chips**  **1/2c Canned plums** |
| **Monday 12, 2023**  **Beef Stroganoff**  **(3 oz. Beef, 1oz Sauce, 1/2c Noodles)**  **1c. Steam Cabbage w/ mushrooms**  **1 WW Roll**  **1 Orange** | **Tuesday 13, 2023**  **Chicken Chow Mein**  **(3 oz. Chicken, 1/2c Veggies,)**  **1c Stir Fry Vegetables**  **3/4c Brown Rice**  **1c Pineapple**  **1 Fortune Cookie** | **Wednesday 14, 2023**  **Pigs In A Blanket**  **(1/2 Chicken Frank, 1 crescent roll .5 oz Cheese)**  **10 baked no added salt French fries**  **1c Capri Vegetables**  **1/2c Spiced Peaches**  **1c Greek Nonfat vanilla yogurt** | **Thursday 15, 2023**  **Spanish Rice W/ Beef**  **(3 oz. Lean Beef, 1 oz Sauce,**  **1/2c LS Spanish Rice)**  **1c Tossed Salad w/ 2 TBSP Light Italian Dressing**  **1c Cantaloupe** | **Friday 16, 2023**  **4 oz BBQ Ribs**  **(3oz Boneless Ribs, 1oz LS BBQ sauce)**  **1/2c LS Pinto Beans**  **1/2c okra with tomato and onions**  **1 Sl. Wheat Bread**  **1c Strawberries** |
| **Monday 19, 2023**  **3 oz. Chicken Breast**  **1/2c Scalloped Potatoes**  **1/2c Glazed Carrots**  **1 WW Roll w/ 1 tsp. Margarine**  **1c Pineapple** | **Tuesday 20, 2023**  **1/2c Spaghetti W/ 3 oz. Turkey Meatballs**  **1c Italian Blend Vegetables**  **1c tossed salad w/ 2 TBSP Light Italian Dressing**  **1 Garlic bread**  **1c Fruit Cocktail** | **Wednesday 21, 2023**  **8oz Pork Posole**  **(3 oz. Pork, 1/2c Hominy,**  **1/4c Red Chile)**  **1 6in Wheat Flour Tortilla**  **1c Zucchini and yellow Squash**  **1c Grapes** | **Thursday 22, 2023**  **3 oz. Chicken Alfredo W**  **1/2c Penne**  **(3oz Chicken, 2oz Light Alfredo Sauce,1/2c Penne Pasta)**  **1c Broccoli spears**  **1c Tossed Salad W/**  **2T LF Dressing**  **1 Garlic Stix**  **1c Strawberries & Banana** | **Friday 23, 2023**  **4 oz Roast Beef**  **w/ 1 oz LS Gravy**  **1 Baked Potato w/ 1 tsp margarine**  **1/2c NAS French Style Green Beans w/ ½ Red bell pepper strips**  **1 WW Roll**  **½ c Hot apple slices** |
| **Monday 26, 2023**  **Greek Chicken Salad**  **(3oz Chicken, 1c Lettuce ½ c Veggies (Red onions, red and green bell peppers, tomatoes, olives, cucumbers) .5oz Feta cheese, (2 TBSP Olive oil, lemon and oregano, black pepper Dressing)**  **6 LS WW Crackers**  **1c Pears** | **Tuesday 27, 2023**  **3 oz Liver & 4 oz Onions**  **1/2c Mashed Potato w/ 1oz LS Brown Gravy**  **1/2c LS Three Bean Salad**  **1 WW Roll**  **½ c Banana 1/2c Mandarin oranges** | **Wednesday 28, 2023**  **6oz Hamburger Macaroni**  **(3 oz. Beef,**  **1/4c Macaroni)**  **1c Tossed Salad w/ 2 TBSP Light Italian Dressing**  **1/2 c LS Stewed Tomatoes &1oz green Chle**  **4 LS WW crackers**  **1/2c Apples in 1/4c Crisp** | **Thursday 29, 2023**  **4 oz. LS Lemon Pepper Fish**  **1c LS Rice Pilaf**  **3/4c Collard Greens & 1/4c Onions**  **1c Tropical Fruit Salad** | **Friday 30, 2023**  **Ham & Cheese Sandwich**  **(3oz. Low Sodium Lean Ham,**  **.5oz. Swiss Cheese, 2 sl. Bread)**  **1/2c Lettuce & 2 slices Tomatoes**  **1 oz. Baked Potato Chips**  **1 Orange** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **2** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** |
| Calories | 700 or more | 731.6 | 700.3 | 710.6 | 731.0 | 777.9 |
| % Carbohydrates from Calories | 45-55% | 55.7 | 55.6 | 50.3 | 50.4 | 51.8 |
| % Protein from Calories | 15-25% | 19.1 | 18.1 | 23.6 | 23.3 | 20.6 |
| % Fat from Calories | 25-35% | 25.2 | 26.2 | 26.1 | 26.3 | 27.6 |
| Saturated Fat | less than 8g | 6.9 | 6.1 | 7.9 | 8.0 | 8.0 |
| Fiber | 10g or more | 10.3 | 12.4 | 10.1 | 10.0 | 10.0 |
| Vitamin B-12 | .8ug or more | 1.7 | 1.5 | 3.2 | 2.3 | 16.4 |
| Vitamin A | 300ug RAE or more | 983.6 | 478.7 | 338.9 | 417.6 | 1717.2 |
| Vitamin C | 30mg or more | 42.2 | 48.1 | 70.3 | 71.5 | 55.1 |
| Iron | 2.6mg or more | 5.0 | 5.3 | 4.7 | 4.8 | 5.6 |
| Calcium | 400mg or more | 477.1 | 455.7 | 502.8 | 443.3 | 480.5 |
| Sodium | less than 766mg | 753.3 | 764.2 | 615.1 | 748.9 | 716.7 |

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***