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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***

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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:****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***