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|  | **TUESDAY 1, 2022****GCC Hamburger****(3 oz. Beef, .5oz. Cheese, 1 Bun,** **1 oz. Green Chile)****1/2c Lettuce, Tomato,** **Onions****1/2c Tater Tots** **6oz LS Ranch Beans****1c Tropical Fruit** | **Wednesday 2, 2022****3 oz. Baked Cod****1/2c Carrot Raisin Salad****1 med Baked Potato****3/4c Green Beans****1 sl. Cornbread w/ 1 tsp. Margarine****1/2c Peaches in74 Cobbler** |  **THURSDAY 3, 2022****3 oz. Meatloaf****1/2c Mashed Potatoes w/ 2oz LS Gravy** **3/4c Italian Flat Beans****1 WW Roll w/ 2 tsp. Margarine****1/2c Pears**  | **FRIDAY 4, 2022****6oz Sour Cream Enchiladas****(3oz. Cheese, 2 Corn tortillas,** **2 oz. Green Chile,1T Sour Cream)****1c Lettuce & Tomato****1/2c LS Spanish Rice****1 Oatmeal Cookie****1/2c Fruit Cocktail** |
| **MONDAY 7, 2022****4 oz. Swiss Steak****1/2c Potato Wedges****1/2c Peas W/Onions****1 Biscuit w/ 1 tsp. Margarine****1c Fruit Salad** | **TUESDAY 8, 2022****3 oz. Braised Pork Chop****1c LS 3 Bean Salad****1/2c Stuffing****1 WW Roll w/ 1 tsp. Margarine****1/2c Banana Pudding** | **Wednesday 9, 2022****Tamale****(3 oz. Pork, 1/4c Red Chile,** **3 oz. Masa)****1/2c Pinto Beans****1c Green Salad w/** **2T Low Fat Dressing****1 Flour Tortilla****1/2c Mandarin Oranges** | **THURSDAY 10, 2022****3 oz. Roast Beef****1/2c Mashed Potatoes** **1 oz. Low Sodium Gravy****1/2c Vegetable Salad****1/2c California Vegetables****1 WW Roll w/ 1 tsp. Margarine****1/2c Apple in Cobbler** | **FRIDAY 11, 2022****Beef Stroganoff****(3 oz. Beef, 1 oz. Sauce,** **1/2c Noodles)****1c Capri Vegetables****1 WW Roll w/ 1 tsp. Margarine****1/2c Plums** |
| **MONDAY 14, 2022****Pepper Steak****(3 oz. Beef, 1/2c Pepper & Onion)****1 med Baked Potato w/****1 tsp. Margarine****1/2c Prince Edward Vegetable****1 Roll w/ 1 tsp. Margarine****Peach Crisp** | **TUESDAY 15, 2022****Beef Tacos****(3 oz. Beef, 1/2c Lettuce & Tomato, 2 Corn Tortillas)****1/2c Spanish Rice****1/2c Pinto Beans****1/2c Tapioca Pudding** | **Wednesday 16, 2022****3 oz. Corned Beef****1/2c Cabbage****1/2c Glazed Carrots****1 sl. WW Bread w/** **1 tsp. Margarine****1/2c Strawberries & Bananas** | **Thursday 17, 2021****4 oz. Salisbury Steak &** **2 oz. Low Sodium Gravy****1/2c Potatoes Au Gratin** **1/2c Brussel Sprouts** **1 WW Roll w/ 1 TBSP. Margarine****1c Grapes** | **FRIDAY 18, 2022****Chile Relleno W/ Sauce** **(3 oz. Green Chile, 1 oz Cheese,** **2 oz. White Sauce,** **1 oz. Breading)****1/2c LS Pinto Beans****1c Tossed Salad W/****2T Low Fat Dressing****6 LS Crackers****1/2c Pears** |
| **MONDAY 21, 2022****4 oz. Sweet N Sour Pork****1c Oriental Vegetables****1c White Rice****1 Biscuit w/ 1 tsp. Margarine****1/2c Mandarins Oranges** | **TUESDAY 22, 2022****4 oz. BBQ Chicken Thigh****1/2c Country Vegetable Blend****1/2c LS Baked Beans****1 WW Roll w/** **1 tsp. Margarine****1/2c Peaches**  | **WEDNESDAY 23, 2022****3 oz Chicken Strip****2 oz Low Sodium Gravy****½ c LS Mashed Potatoes****1 c Cucumber Salad** **1 Biscuit w/****½ c Fruit Cocktail** | **Thursday 24, 2022****Beef Fajitas****(3oz Beef, 1 oz Cheese)** **½ c Lettuce & Tomatoes 1 Tortilla****½ c LS Pinto Beans****Apricots** | **FRIDAY 25, 2022****4 oz. Beef Tips****1/2c Egg Noodles****1/2c Salad w/ 1T Low Fat Dressing****1/2c Peas & Carrots****1/2c Diced Mango****1 Oatmeal Cookie** |
| **MONDAY 28, 2022****Chicken Tetrazzini****(3 oz. Chicken, 1oz. Sauce,** **1/2c Noodles)****1c Broccoli & Cauliflower w/****1 tsp. Margarine****6 Low Sodium Crackers****1/2c Diced Pears****1/2c Low Fat Yogurt** | **TUESDAY 29, 2022****3 oz. Braised Pork Chop****1c 3 Bean Salad****1/2c Stuffing****1 WW Roll w/ 1 tsp. Margarine****1/2c LF Banana Pudding** | **Wednesday 30, 2022****GC Chicken Enchilada****(3 oz. Chicken, 1oz. Green Chile,** **2 Corn Tortillas)****1/2c LS Pinto Beans****3/4c Sweet Potatoes****1/2c Mixed fruit w/ 8 animal crackers**  | **Thursday 31,2022****Sloppy Joe****(3 oz. Beef, 1 oz. Sauce, 1 Bun)****1/4c Pickle & Onion****1/2c NAS French Fries****1/2c Chateau Blend Vegetables****1/2c Pears** **& 1/2c Mandarin Oranges** |  |

***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:****5** | **Days in Week:****5** | **Days in Week: 4** |
| Calories | 700 | 742.0 | 739.0 | 701.6 | 722.0 | 757.4 |
| % Carbohydrates from Calories | 45-55% | 52.8 | 52.0 | 51.7 | 54.0 | 47.9 |
| % Protein from Calories | 15-25% | 21.2 | 19.6 | 22.0 | 20.4 | 25.4 |
| % Fat from Calories | 25-35% | 26.0 | 28.3 | 26.3 | 25.5 | 26.8 |
| Saturated Fat | less than 8g | 8.0 | 6.9 | 6.8 | 7.4 | 7.6 |
| Fiber | 10g | 10.2 | 10.1 | 11.3 | 10.4 | 10.0 |
| Vitamin B-12 | .8ug | 2.5 | 2.4 | 2.4 | 2.2 | 2.1 |
| Vitamin A | 300ug RAE | 355.0 | 339.9 | 787.9 | 431.7 | 464.1 |
| Vitamin C | 30mg | 43.5 | 31.9 | 78.1 | 49.6 | 39.2 |
| Iron | 2.6mg | 5.4 | 4.8 | 5.8 | 4.1 | 4.0 |
| Calcium | 400mg | 562.0 | 466.7 | 543.8 | 509.3 | 528.4 |
| Sodium | less than 766mg | 615.9 | 747.1 | 755.6 | 746.1 | 731.8 |

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