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| 8 oz. 1% Milk Served With Meals  Occasionally We Must  Substitute Food Items  We Are Sorry For The  Inconvenience | DINE IN LUNCH  11:00 AM TO 12:50 PM | Wednesday 1, 2023  3 oz. Hot Dog w/1 Bun  3/4c Pasta Salad (w/ 1/2c Peas and Carrots, 1/3c Macaroni)  1/2c LS Sauerkraut w/ 1oz GC  1/2c Fruit Salad | Thursday 2, 2023  3 oz. Chicken Nuggets w/  1 oz.LS BBQ Sauce  10 MAS French Froes  1c Country Blend w/ 1 tsp margarine  1 WW Roll w/ 1 tsp. Margarine  1 Banana | Friday 3, 2023  Shrimp Alfredo w/Pasta  (3oz. Shrimp, 1 oz Light Alfredo Sauce, 1/2c Noodles)  1c Cucumber Salad  1c Green Beans w/ 1 tsp margarine  1 sl. Garlic Toast  1/2c Peaches |
| Monday 6, 2023  Open Face Turkey Sandwich  (3 oz. LS Roasted Turkey, 2oz. Low Sodium Gravy, 1 Sl. Wheat Bread)  1/2c Mashed Potatoes  1/2c 5way mixed vegetables  1c Spinach Salad w/ 2 TBSP Light Dressing  1/2c Baked Apple Slices | Tuesday 7, 2023  3 oz. Salisbury Steak  1c Steamed Brown Rice  1c Yellow Squash w/Onions  1 sl. Strawberry Shortcake  (1c Strawberries, 1 slice angel food cake) | Wednesday 8, 2023  8oz LS Beef Green Chile Stew  (3 oz. Beef, 1oz Green Chile,  1/2c Potato & Onion)  1c Tossed Salad w/ 2 TBSP Light Dressing  1 Flour Tortilla  1c Pineapple  1/2c Gelatin | Thursday 9, 2023  3 oz. Chicken Breast  1/2c Au Gratin Potato  1/2c Broccoli w/ 1/2 c Red Bell pepper  1 WW Roll w/ 1 tsp. Margarine  1c Mandarin Oranges | Friday 10, 2023  3 oz. LS Baked Fish  1/2c LS Rice Pilaf w/ 1/2c Mushrooms  1/2c Brussel Sprouts  1c Tossed Salad w/  2T Light Dressing  4 LS WW crackers  1/2c SF Chocolate Pudding |
| Monday 13, 2023  Chicken Patty Sandwich  (3 oz. Baked Chicken, 1/2c Lettuce & Tomato, 1 Bun)  10 Baked NAS French fries  1/2c celery sticks, 8 baby carrots  1c Orange Pineapple in Salad | Tuesday 14, 2023  Philly Steak Sandwich  (3 oz. LS Philly Beef, .5oz. Mozzarella Cheese, 1/2c Peppers & Onions, 1 Bun)  1c capri Vegetables w/ 1 tsp margarine  1c Peaches | Wednesday 15, 2023  Chef Salad  (2 oz. Turkey, .5oz Cheese, 1 HB Egg, 1c Lettuce & Tomato,8 baby carrots, 1/4c each cucumber and red cabbage, 10 cherry tomatoes  2T Light Dressing)  1/2c Beets w/ 1tsp unsalted butter  6 LS Crackers  1c Apricots | Thursday 16, 2023  2oz. Corned Beef  1/2c Cabbage w/ 1/4c White Beans & 1/2c Red Potato  1/2c Carrots w/ 1tsp margarine  1 WW Roll w/ 1 tsp. Margarine  1/2c Lime Sherbet | Friday 17, 2023  3 oz. Fish Stick w/  1T Tartar Sauce  1/2c Wild Rice  1c Cole Slaw w/ 2 TBSP Dressing  1/2c Spinach w/ 1 tsp margarine  1c Berries w/ 1/4c Whipped Topping |
| Monday 20, 2023  Cheeseburger  (3 oz. Beef, .5 oz Cheese, 1/2c Lettuce & 2 slices Tomato, 1 Bun)  1/2c Macaroni Salad  1c California blend Vegetables  1 Apple | Tuesday 21, 2023  3 oz. Grill Chicken w/  Spinach & Cucumber Salad  (1.5c Spinach leaves, 1/4c cucumber, 1/4c Carrots, 1/4c Cabbage)  2 TBSP Light dressing  6 LS WW Crackers  1c Fruit compote | Wednesday 22, 2023  3 oz. LS Lean Pork Roast  1c brown rice w/ 1/2c Leeks and mushrooms  1c LS Three Bean Salad  1 WW Roll w/ 1 tsp. Margarine  1c Plums | Thursday 23, 2023  Ham w/Swiss Sandwich  (2 oz. Low Sodium Ham, 1 oz. Cheese, 1/2c Lettuce & 2 slices Tomato, 2 sl. Wheat Bread)  12oz reduced sodium Vegetable Soup  1 Oranges  1 Fig Bar | Friday 24, 2023  Crab salad sandwich (3oz Crab, 1/2c Lettuce, 2 slices tomato, 2 slices wheat bread)  1/2c Cucumber Salad  1/2c Red Bell Pepper Strips w/ 1 oz Salsa  1 oz. Sun Chips  6 LS WW Crackers  1c Pears |
| Monday 27, 2023  Black Eye Pea Soup  (3/4c Black Eyed Peas,  .5oz. Low Sodium Bacon.,  2oz. LS vegetable Broth)  1c Tossed Salad w/ 2 TBSP Light Dressing  1/2c Tapioca Pudding w/ 1/2c Sweet cherries  6 LS WW Crackers | Tuesday 28, 2023  Grilled Cheese  (1 oz. Cheese, 2 Sl. Wheat Bread)  1c Coleslaw w/2 TBSP Dressing  1c LS Tomato Soup w/ 1/2c LS Garbanzo Beans  1/2c Fruit Cocktail | Wednesday 29, 2023  Beef Chow Mein  (3 oz. Beef, 1c Noodles)  1c Oriental Vegetables  1/2c mandarin oranges in 1/2c Yogurt  1 Fortune Cookie | Thursday 30, 2023  Sloppy Joe  (3 oz. Beef, 1 oz Sauce, 1 Bun)  1/2c Pasta Salad  1c Zucchini & Corn  1 Banana | Friday 31, 2023  Chile Relleno  (3 oz. Green Chile, 1 oz. Cheese,  5 oz. Green Chile Meat Sauce  (2oz beef, 3oz Green chile sauce) ,  1 oz. Breading)  1c Tossed Salad w/  2T Low Fat Dressing  1/2c LS Pinto Beans  1/2c LS Spanish Rice  1 Churros |

***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 | 736.3 | 738.3 | 707.3 | 783.6 | 764.5 |
| % Carbohydrates from Calories | 45-55% | 52.6 | 52.2 | 54.9 | 49.3 | 53.9 |
| % Protein from Calories | 15-25% | 22.3 | 22.4 | 20.0 | 19.8 | 20.2 |
| % Fat from Calories | 25-35% | 25.1 | 25.4 | 25.1 | 30.9 | 25.9 |
| Saturated Fat | less than 8g | 7.5 | 6.0 | 6.5 | 8.0 | 7.5 |
| Fiber | 10g or more | 10.6 | 10.1 | 10.5 | 10.1 | 12.4 |
| Vitamin B-12 | .8ug or more | 1.6 | 2.4 | 1.8 | 2.1 | 2.5 |
| Vitamin A | 300ug RAE or more | 300.1 | 567.8 | 861.9 | 401.5 | 447.6 |
| Vitamin C | 30mg or more | 45.4 | 102.7 | 51.2 | 58.5 | 79.6 |
| Iron | 2.6mg or more | 4.4 | 5.7 | 4.4 | 4.4 | 5.4 |
| Calcium | 400mg or more | 513.1 | 521.3 | 513.0 | 538.6 | 529.6 |
| Sodium | less than 766mg | 753.2 | 766.7 | 761.5 | 761.9 | 747.5 |

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.

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