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| 8 oz. 1% Milk Served With MealsOccasionally We MustSubstitute Food ItemsWe Are Sorry For TheInconvenience | DINE IN LUNCH11:00 AM TO 12:50 PM | Wednesday 1, 20233 oz. Hot Dog w/1 Bun3/4c Pasta Salad (w/ 1/2c Peas and Carrots, 1/3c Macaroni)1/2c LS Sauerkraut w/ 1oz GC1/2c Fruit Salad  | Thursday 2, 20233 oz. Chicken Nuggets w/1 oz.LS BBQ Sauce10 MAS French Froes 1c Country Blend w/ 1 tsp margarine1 WW Roll w/ 1 tsp. Margarine1 Banana | Friday 3, 2023Shrimp Alfredo w/Pasta(3oz. Shrimp, 1 oz Light Alfredo Sauce, 1/2c Noodles)1c Cucumber Salad1c Green Beans w/ 1 tsp margarine 1 sl. Garlic Toast1/2c Peaches |
| Monday 6, 2023Open 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, 20233 oz. Salisbury Steak 1c Steamed Brown Rice1c Yellow Squash w/Onions1 sl. Strawberry Shortcake(1c Strawberries, 1 slice angel food cake) | Wednesday 8, 20238oz LS Beef Green Chile Stew(3 oz. Beef, 1oz Green Chile, 1/2c Potato & Onion)1c Tossed Salad w/ 2 TBSP Light Dressing1 Flour Tortilla1c Pineapple 1/2c Gelatin | Thursday 9, 20233 oz. Chicken Breast 1/2c Au Gratin Potato1/2c Broccoli w/ 1/2 c Red Bell pepper 1 WW Roll w/ 1 tsp. Margarine1c Mandarin Oranges | Friday 10, 20233 oz. LS Baked Fish 1/2c LS Rice Pilaf w/ 1/2c Mushrooms1/2c Brussel Sprouts1c Tossed Salad w/2T Light Dressing4 LS WW crackers1/2c SF Chocolate Pudding |
| Monday 13, 2023Chicken Patty Sandwich(3 oz. Baked Chicken, 1/2c Lettuce & Tomato, 1 Bun)10 Baked NAS French fries1/2c celery sticks, 8 baby carrots1c Orange Pineapple in Salad | Tuesday 14, 2023Philly Steak Sandwich(3 oz. LS Philly Beef, .5oz. Mozzarella Cheese, 1/2c Peppers & Onions, 1 Bun)1c capri Vegetables w/ 1 tsp margarine1c Peaches  | Wednesday 15, 2023Chef 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 Crackers1c Apricots | Thursday 16, 20232oz. Corned Beef1/2c Cabbage w/ 1/4c White Beans & 1/2c Red Potato1/2c Carrots w/ 1tsp margarine1 WW Roll w/ 1 tsp. Margarine1/2c Lime Sherbet  | Friday 17, 20233 oz. Fish Stick w/1T Tartar Sauce1/2c Wild Rice1c Cole Slaw w/ 2 TBSP Dressing1/2c Spinach w/ 1 tsp margarine1c Berries w/ 1/4c Whipped Topping |
| Monday 20, 2023Cheeseburger(3 oz. Beef, .5 oz Cheese, 1/2c Lettuce & 2 slices Tomato, 1 Bun)1/2c Macaroni Salad1c California blend Vegetables1 Apple | Tuesday 21, 20233 oz. Grill Chicken w/Spinach & Cucumber Salad(1.5c Spinach leaves, 1/4c cucumber, 1/4c Carrots, 1/4c Cabbage)2 TBSP Light dressing6 LS WW Crackers1c Fruit compote  | Wednesday 22, 20233 oz. LS Lean Pork Roast1c brown rice w/ 1/2c Leeks and mushrooms1c LS Three Bean Salad1 WW Roll w/ 1 tsp. Margarine1c Plums | Thursday 23, 2023Ham 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 Soup1 Oranges1 Fig Bar | Friday 24, 2023Crab salad sandwich (3oz Crab, 1/2c Lettuce, 2 slices tomato, 2 slices wheat bread)1/2c Cucumber Salad1/2c Red Bell Pepper Strips w/ 1 oz Salsa1 oz. Sun Chips6 LS WW Crackers 1c Pears |
| Monday 27, 2023Black Eye Pea Soup(3/4c Black Eyed Peas, .5oz. Low Sodium Bacon., 2oz. LS vegetable Broth)1c Tossed Salad w/ 2 TBSP Light Dressing1/2c Tapioca Pudding w/ 1/2c Sweet cherries 6 LS WW Crackers | Tuesday 28, 2023Grilled Cheese(1 oz. Cheese, 2 Sl. Wheat Bread)1c Coleslaw w/2 TBSP Dressing 1c LS Tomato Soup w/ 1/2c LS Garbanzo Beans1/2c Fruit Cocktail | Wednesday 29, 2023Beef Chow Mein(3 oz. Beef, 1c Noodles)1c Oriental Vegetables1/2c mandarin oranges in 1/2c Yogurt1 Fortune Cookie | Thursday 30, 2023Sloppy Joe (3 oz. Beef, 1 oz Sauce, 1 Bun)1/2c Pasta Salad1c Zucchini & Corn1 Banana | Friday 31, 2023Chile 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 Dressing1/2c LS Pinto Beans1/2c LS Spanish Rice1 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.

 Constance Rudnicki MS, RDN, LD