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| **MONDAY 3, 2022**  **Ham & Beans**  **(3 oz. Low Sodium Ham,**  **4 oz. Beans, 1 oz. Sauce)**  **1/2c Harvard Beets**  **1/2c Cornbread w/ 1 TBSP Margarine**  **1 Sugar Cookie**  **1/2c Pineapple tidbits** | **TUESDAY 4, 2022**  **3oz. Country Fried Steak**  **1/2c Mashed Potatoes w/**  **1 oz. Low Sodium Gravy**  **1/2c Mixed Vegetables**  **1 WW Dinner Roll w/**  **1 TBSP. Margarine**  **1/2c Pears** | **WEDNESDAY 5, 2022**  **GC Beef Enchilada**  **(2 oz. Beef, 1 oz. Cheese, 1 oz. Green Chile, 2 Corn Tortillas)**  **1/2c Lettuce & Tomato**  **1/2c Pinto Beans**  **1/2c LS Spanish Rice**  **1/2c Mandarin Oranges** | **THURSDAY 6, 2022**  **Chicken Pot Pie**  **(3oz. Chicken, 1 oz. Sauce, 1 oz. Crust, 3 oz. Veggies)**  **1 c Roasted Brussel sprouts w/ ¼ pecans**  **1/2c Spiced Peaches** | **FRIDAY 7, 2022**  **Hamburger Mac**  **(3 oz. Beef, 1/2c Macaroni,**  **1 oz. Sauce)**  **1c Broccoli w/ 1 TBSP sesame seeds**  **1/2c Corn**  **½ c Diced mango 1/4 c Cottage Cheese** |
| **MONDAY 10, 2021**  **3oz. Catfish Nuggets**  **2T Tartar Sauce**  **1 c Coleslaw w/ 2 TBSP Dressing**  **1 c Sauteed ½ c Fava beans and 1/3 c carrots w/ garlic**  **1 sl. Cornbread w/**  **1 tsp. Margarine**  **1/2c Pineapple Orange Salad** | **TUESDAY 11, 2022**  **3oz. Swiss Steak**  **1 med Baked Potato**  **¾ c Kidney Bean Salad**  **1 WW Dinner Roll/1 tsp. Margarine**  **1/2c FF Vanilla Pudding** | **WEDNESDAY 12, 2022**  **Sour Cream Enchilada**  **(2 oz. Cheese, 2 Corn Tortillas, 2 oz. Green Chile)**  **1 c Lettuce & Tomato**  **1/2c LS Spanish Rice**  **1c Pinto Beans**  **1/2c Fruit Cocktail** | **THURSDAY 13, 2022**  **3oz. Pork Butt Roast**  **1/2c Mashed Potatoes w/**  **1oz. Low Sodium Gravy**  **1/2c Capri Vegetables**  **Wheat Dinner Roll w/ 1 tsp Margarine**  **1/2c Applesauce** | **FRIDAY 14, 2022**  **3 oz. Chicken Strips**  **10 French Fries**  **1/2c Chuckwagon Vegetables**  **1/2c Peaches**  **4 Cinnamon graham crackers** |
| **MONDAY 17, 2022**  **“Center Closed”**  **Martin Luther King Jr. Day** | **TUESDAY 18, 2022**  **4 oz. Chicken Teriyaki**  **1/2c Cucumber Salad**  **1/2c Steamed Brown Rice**  **1 c Oriental Vegetables**  **1 Wheat Dinner Roll**  **1 Sugar Cookie** | **WEDNESDAY 19, 2022**  **Stuffed Bell Pepper**  **(3 oz. Beef, 3 oz. Bell Pepper,**  **2 oz. Brown Rice)**  **1/2c LS Au Gratin Potatoes**  **1/2c Seasoned Green Beans**  **1 Biscuit w/ 1 tsp. Margarine**  **1/2c Tropical Fruit** | **THURSDAY 20, 2022**  **2oz. Baked Ham**  **1/2c Yams w 1/3c Unsalted Pecans**  **½ Asparagus w ½ tsp margarine**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1 c Mandarin Oranges** | **FRIDAY 21, 2022**  **GC Pork Stew**  **(3 oz. Pork, 1 oz. Green Chile,**  **2 oz. Potato, 2 oz. Carrots)**  **1c Salad w/**  **2T Low Fat Dressing**  **1 sl. Cornbread w/ 1 tsp. Margarine**  **1 c Apricots** |
| **MONDAY 24, 2022**  **Red Beef Enchilada**  **(2 oz. Beef, 1 oz. Cheese, 1 oz. Red Chile, 2 Corn Tortillas)**  **1/2c Lettuce & Tomato**  **1/2c LS Pinto Beans**  **1/2c Spanish Rice**  **1/2c Cherry in Cobbler** | **TUESDAY 25, 2022**  **Pepper Steak**  **(3 oz. Beef, 4 oz. Pepper & Onion)**  **1 med Baked Potato**  **1/2c Beets**  **1 Dinner Roll**  **1/2c Pineapple tidbits** | **WEDNESDAY 26, 2022**  **5oz Beef Lasagna**  **(2oz Beef, 1 oz. Cheese, 1oz.Sauce, 1/2c Noodles)**  **1c Green Salad w/**  **2T Low Fat Dressing**  **1/2c Capri Vegetables**  **2oz Garlic Roll**  **1/2c Mandarin Oranges** | **THURSDAY 27, 2022**  **4 oz. Meat Loaf**  **1/2c Garlic Mashed Potatoes**  **W/2 oz. Low Sodium Gravy**  **1/2c California Vegetables**  **1 WW Dinner Roll w/**  **1 tsp. Margarine**  **1/2c Brownie** | **Sloppy Joe**  **(3 oz. Beef, 1 oz. Sauce, 1 Bun)**  **1c Macaroni Salad w/ Veggies**  **(1/2c Pasta, 1/2c Veggies)**  **1/2c Corn w/ 1 tsp margarine**  **1/2c Tropical Fruit** |
| **MONDAY 31, 2022**  **3oz. LS Beef Tips w 2 oz LS Gravy**  **1/2c LS mashed potatoes**  **¾ c Broccoli, ¼ c Carrots w/ 1 tsp margarine**  **1/4c. Sliced Carrots**  **1/2c Chocolate Pudding**  **Wheat Roll w 1 tsp Margarine**  **1 c Strawberries** |  |  |  |  |
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***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: |  | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **1** |
| Calories | 700 or more | 706 | 724.7 | 825.1 | 746.3 | 716.2 |
| % Carbohydrates from Calories | 45-55% | 48.6 | 55.1 | 51.8 | 5138 | 49.9 |
| % Protein from Calories | 15-25% | 20.1 | 18.3 | 18.2 | 21.1 | 16.8 |
| % Fat from Calories | 25-35% | 31.3 | 26.6 | 30.0 | 27.1 | 33.3 |
| Saturated Fat | less than 8g | 7.0 | 5.8 | 6.4 | 7.0 | 6.8 |
| Fiber | 10g or more | 11.0 | 10.7 | 10.3 | 10.2 | 12.1 |
| Vitamin B-12 | .8ug or more | 2.2 | 1.6 | 2.0 | 2.8 | 1.7 |
| Vitamin A | 300ug RAE or more | 361.8 | 369.5 | 450.7 | 571.4 | 650.5 |
| Vitamin C | 30mg or more | 57.8 | 30.9 | 108.8 | 42.0 | 147.9 |
| Iron | 2.6mg or more | 4.4 | 4.2 | 5.0 | 6.5 | 5.4 |
| Calcium | 400mg or more | 482.8 | 475 | 473.6 | 489.3 | 469.1 |
| Sodium | less than 766mg | 731.8 | 766.1 | 731.5 | 737.3 | 709.9 |

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