|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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** |  |  |  |  |
|  |  |  |  |  |

 ***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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