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| --- | --- | --- | --- | --- |
|  | **TUESDAY 1, 2022**  **4oz Chicken Tempura**  **2TBSP Orange Sauce**  **4oz White Rice**  **1c Asian Veggies**  **1-Fortune Cookie**  **1/2c Mandarin Oranges** | **WEDNESDAY 2, 2022**  **ASH WEDNESDAY**  **3oz Baked Tilapia**  **1/2c Seasoned Rice**  **1c French Style Green Beans & Corn**  **1Wheat Roll w2 tsp margarine**  **4oz Chilled Pears** | **THURSDAY 3, 2022**  **4 oz Meatloaf**  **4 oz Potatoes Au Gratin**  **4 oz Green Peas**  **4oz Carrot Raisin Salad**  **1 Wheat Roll w/2 tsp Margarine**  **4oz Greek lowfat Yogurt** | **FRIDAY 4, 2022**  **Fish Sandwich**  **3oz Fish w/ wheat bun**  **2 TBSP Tartar Sauce**  **4oz Cucumber & Tomato Salad**  **1 c Mixed Veggies**  **1-Hushpuppy**  **Fresh Apple** |
| **MONDAY 7, 2022**  **Hot Ham & Cheese Sandwich**  **(1oz Lean LS Ham, 1 oz Cheese, 2 sl wheat bread)**  **Lettuce and tomato**  **6 Tater Tots**  **1 c Green Beans w/ 1/4c Slivered Almonds**  **1/2c Pineapple** | **TUESDAY 8, 2022**  **Carne Adovada Burrito**  **(2oz Red Chile Sauce, 3 oz Pork, 1 8in Burrito)**  **Lettuce tomato**  **1/2c LS Refried Beans**  **1 c Chuck Wagon Veggies**  **1/2c Chilled Peaches** | **WEDNESDAY 9, 2022**  **3 oz LS Turkey Roast**  **2oz LS Turkey Gravy**  **4oz Bread Stuffing**  **1/2c Asparagus**  **1/2c Tossed Salad w/ 1 TBSP Lt Dressing**  **Wheat Roll**  **1/2c LF Tapioca Pudding** | **THURSDAY 10, 2022**  **Chicken Alfredo**  **over Fettuccini Noodles**  **(3oz LS chicken Breast, ½ c Fettuccini, 1/4c Lt, Alfredo Sauce)**  **1c Broccoli & Cauliflower**  **1 Garlic Bead**  **1/2c Apricots** | **FRIDAY 11, 2022**  **4oz Green Chili Salmon Enchiladas**  **Lettuce and tomato**  **1/2c LS Spanish Rice**  **1/2c LS Pinto Beans**  **1 Tortilla**  **1/2c Mixed Fruit** |
| **MONDAY 14, 2022**  **Beef Tips**  **over Egg Noodles**  **(3oz Beef, 1oz LS Gravy, 1/2c Noodles)**  **1 c Vegetable Medley**  **Wheat Roll**  **1/2c Cherries in Cobbler** | **TUESDAY 15, 2022**  **BBQ Pork Patty**  **(4oz Pork Patty, 1 TBSP BBQ Sauce )**  **1 c LS Baked Beans**  **1/2c Steamed Spinach**  **1/2c Carrot Raisin Salad**  **Cornbread**  **3/4c Fresh Grapes** | **WEDNESDAY 16, 2022**  **Chicken Fajita with**  **Fajita Veggies**  **(4oz Chicken 1/2c Peppers/Onions, 1 flour tortilla)**  **1/2c LS Refried Beans**  **1/2c Squash & Corn**  **1 Apple Turnover** | **THURSDAY 17, 2022**  **ST. PATRICK’S DAY**  **Corned Beef**  **(3oz Lean Brisket)**  **1/2c Steamed Cabbage**  **4oz Carrots w/ 1 tsp margarine**  **Wheat Roll**  **½ c Lime Jello** | **FRIDAY 18, 2022**  **6 oz Tuna Casserole**  **with Noodles**  **(3oz Tuna, 1/2c Noodles,**  **1/2c Peas & Carrots**  **1/2c Spinach Salad**  **6 LS Crackers**  **1c Tropical Fruit Salad** |
| **MONDAY 21, 2022**  **8 oz Green Chili Pork Posole**  **With Green Chili Sauce**  **(3oz Pork, 1/2c Posole)**  **3/4c Calabacitas**  **1Tortilla**  **1/2c LT Vanilla Ice Cream** | **TUESDAY 22, 2022**  **Breaded Chicken Sandwich**  **Garnish**  **1/2c Coleslaw w/ 1 TBSP Dressing**  **1 srg Celery & Carrot Sticks**  **1 oz Lightly Salted Potato Chips**  **Fresh Pear** | **WEDNESDAY 23, 2022**  **3oz Lean Boneless Pork Chop**  **6oz LS Rice Pilaf**  **1c California Veggies**  **Wheat Roll**  **1/2c Peaches in 1/4c LF Cottage Cheese** | **THURSDAY 24, 2022**  **6 oz Red Chili Beef Enchiladas**  **(3oz Beef 2 corn torts, 1 oz Red chile)**  **1/2c LS Black Bean**  **1/2c Green Beans**  **1/2c Tossed Salad w/ 1 TBSP Light Dressing**  **Tortilla**  **Fresh Orange** | **FRIDAY 25, 2022**  **Egg Salad Sandwich**  **Croissant**  **(2 sl wheat bread, 1 HB eggs, lettuce/tomato)**  **1/2c Tomato and Cucumber Salad, 1/2c Garbanzo Beans**  **1c Three Bean Salad**  **½ Pickle**  **1c Fresh Strawberries w/ 5 oz NonFat Vanilla Greek Yogurt** |
| **MONDAY 28, 2022**  **3oz Salisbury Steak**  **1/2c Mashed Potatoes**  **3oz Mushroom Gravy**  **(2oz LS Gravy, 1oz Mushrooms)**  **1/2c Spinach & Onions**  **Wheat Roll**  **1/2c Chilled Plums** | **TUESDAY 29, 2022**  **BBQ Beef Brisket**  **(3oz Lean LS Brisket, 1 TBSP BBQ Sauce**  **1/2c LS Baked Beans**  **1/2c Buttered Carrots (w/ 1 tsp margarine)**  **½ c Coleslaw w/ 1 TBSP Dressing**  **Cornbread**  **Oatmeal Cookie** | **WEDNESDAY 30, 2022**  **3oz Grilled Chicken Beast**  **Over1/2c Garlic Noodles**  **1/2c French Style Green Beans**  **1/2c Tossed Salad w/ 1 TBSP Dressing**  **1 Biscuit**  **Fresh Banana** | **THURSDAY 31, 2022**  **1/2c Beef Ravioli with**  **Meaty 2oz LS Marinara Sauce**  **3/4c California Veggies**  **1/3c Spinach Salad**  **Garlic Toast**  **1/2c Berries in Cobbler** | **Friday April 1, 2022**  **Bean & Cheese Burrito**  **(3/4c LS Beans, 1oz LF Cheese)**  **1/2c LS Spanish Rice**  **1c Chuck Wagon Veggies**  **1/2c Chilled Apricots** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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:**  **5** |
| Calories | 700 or more | 771.9 | 715.4 | 711.2 | 705.9 | 742.8 |
| % Carbohydrates from Calories | 45-55% | 52.2 | 49.1 | 51.1 | 51.1 | 53.0 |
| % Protein from Calories | 15-25% | 22.1 | 24.6 | 21.7 | 21.7 | 20.5 |
| % Fat from Calories | 25-35% | 25.7 | 26.3 | 27.2 | 27.2 | 26.5 |
| Saturated Fat | less than 8g | 6.4 | 7.5 | 7.9 | 7.9 | 7.8 |
| Fiber | 10g or more | 10..0 | 10.0 | 10.7 | 11.6 | 11.6 |
| Vitamin B-12 | .8ug or more | 2.6 | 1.7 | 2.7 | 2.2 | 2.3 |
| Vitamin A | 300ug RAE or more | 507.6 | 287.8 | 450.9 | 441.5 | 537.4 |
| Vitamin C | 30mg or more | 34.7 | 23.6 | 41.2 | 41.2 | 28.6 |
| Iron | 2.6mg or more | 5.0 | 4.6 | 5.8 | 5.8 | 5.9 |
| Calcium | 400mg or more | 485.9 | 557.6 | 515.7 | 515.3 | 509.6 |
| Sodium | less than 766mg | 754.1 | 753.1 | 679.2 | 675.5 | 753.7 |

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