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|  |  | **WEDNESDAY 1, 2023****French Dip Sandwich****(3 oz. Beef, 1 Bun, .5oz. Mozzarella Cheese)****1 oz. Au Jus****1/2c Roasted Vegetables** **1/2c Green Peas w/ 1 tsp margarine****1/2c Orange Wedges** | **THURSDAY 2, 2023****Tuna Salad Sandwich****(4 oz. Tuna Salad, 2 Sl. Wheat Bread, 1/2c lettuce, 2 sílices tomato)****1c LS Vegetable soup** **1/2c Beets****4 LS WW Crackers** **1/2c Peaches** | **FRIDAY 3, 2023****8oz Hamburger macaroni****(3 oz. Beef, 1 oz. Sauce,** **1/2c Pasta)****1/2c Stewed Tomatoes** **1/2c Green Beans w/1/3c Almonds, w/ 1 tsp margarine** **1 wheat roll w/ 1 tsp margarine****½ c Apple Sauce** |
| **MONDAY 6, 2023****1% Milk** **Ham and Cheese Sandwich****(2 oz. Low Sodium Ham, 1 oz. Cheese, 1/2c Lettuce, 2 slices Tomato, 2 Sl. Wheat Bread)****1/2c Potato salad** **1/2c Carrot Raisin Salad****1c Tropical Fruit** | **TUESDAY 7, 2023****1% Milk** **3 oz. LS Pork Chop****1/2c LS Stuffing****1c 5 way vegetables** **1/2c Blueberries in 1/4c Cobbler** | **WEDNESDAY 8, 2023****1% milk** **6oz Beef Enchilada Casserole****(3oz. Beef, 1 oz. Cheese, 1/4c Red Chile, 2 Corn Tortillas)****3/4c LS Pinto Beans****1/2c Cucumber and tomato salad****1/2c SF Gelatin w/ 1/2c Banana** | **THURSDAY 9, 2023****1% Milk** **3 oz. LS Lemon Pepper Fish****1c Wild Rice w/ 1 tsp margarine****1/2c Brussel Sprouts** **1c Coleslaw w/ 2 TBSP Dressing**  **1/2c Mango**  | **FRIDAY 10, 2023****1% Milk** **Open Face Red Chile Burger****(3oz. Beef, .5oz. Cheese,** **1oz Red Chile, ½ Bun)****1/3c Hominy****1c Zucchini and LS Diced Tomatoes****1c Strawberries on 2oz White Cake** |
| **MONDAY 13, 2023****1% Milk** **3 oz. Pork Roast****1/2c Buttered New Potatoes (Yukon gold pots w/butter and chives)****1c Kale w/ yellow squash** **1c Tossed Salad w/****2T Light Dressing****1 WW Roll w/ 1 tsp. Margarine** | **TUESDAY 14, 2023****1% Milk** **3 oz. Country Fried Steak****1/2c Mashed Potatoes w/****2 oz LS Country Gravy****1c Sesame (1.5tsp) Baby Carrots w/okra w/ 1 tsp margarine** **1 WW Roll w/ 1 tsp. Margarine****3/4c Mixed Fruit**  | **WEDNESDAY 15, 2023****1% Milk** **4oz. Teriyaki Chicken****(3oz Chicken, 1oz Sauce)****1c Brown Rice** **1c Steamed Asian Vegetables** **1/2c Pineapple**  | **THURSDAY 16, 2023****1% Milk** **Stuffed Bell Peppers****(3oz Beef, 1/4 c Rice, 1oz. Sauce,** **½ Bell Pepper)****1/2c Creamed Spinach** **1c Tossed Salad w/****2T LF Dressing****1 Sl. Wheat Bread w/ 1 tsp. Margarine****1 Apple** | **FRIDAY 17, 2023****1% Milk** **3 oz. LS Baked Salmon** **2oz Cucumber dill Sauce****1/2c LS Rice Pilaf****1/2c Asparagus and 1/2c red bell pepper strips****1/4 lemon wedge****1c Coleslaw w/ 2 TBSP Dressing****1 WW Roll w/ 1 tsp. Margarine****1/2c Chocolate Pudding w/1/2c Cherries**  |
| **MONDAY 20, 2023****SENIOR CENTER CLOSED****PRESIDENT’S DAY** | **TUESDAY 21, 2023****1% Milk** **1/2c Spaghetti w/****5 oz. Meat Sauce****(3oz meat, 2oz sauce)****1 sl. Texas Toast****1c Tossed Salad w/****2T LF Dressing****1/2c Apricots** | **WEDNESDAY 22, 2023****1% Milk** **Chicken Salad Sandwich****(4 oz. Chicken Salad, 1 Petite Croissant, 1/2c Lettuce & 2 slices Tomato)****6oz LS Tomato Soup** **1c Cabbage, radish, apple slaw** **3/4c Honeydew****1 Nature Valley Oats N Honey Bar**  | **THURSDAY 23, 2023****1% Milk** **Chile Beans****(3 oz. Lean Beef, 1/2c Beans,** **2oz Red Chile)****1 sl. Corn Bread****1c Tomato Onion Salad****1/2c Pears** | **FRIDAY 24, 2023****1% Milk** **Green Chile Chicken Enchiladas****(3 oz. Chicken, 1/4c Green Chile, 2 Corn Tortillas)****1/2c Spanish Rice****1/2c Chuckwagon Vegetables****1c Tossed Salad w/****2T LF Dressing****1 Chocolate Chip Cookie** |
| **MONDAY 27, 2023****Macaroni and Cheese w/Diced Ham****(1 oz. Cheese, 1/3c Macaroni, 1oz LS Ham)****1c Tossed Salad w/ 2 TBSP Light Dressing w/ 1/2c LS Garbanzo Beans****1 Sl. Wheat Bread w/ 1 tsp. Margarine****1 Apple** | **TUESDAY 28, 2023****1% Milk** **3 oz. Chicken Breast****1c Spinach, Cranberry Salad****1/2c Beets w/Onions****6 LS WW Crackers** **1/2c Pineapple** |  | **DINE IN LUNCH****11:00 AM TO 12:45 PM****GRAB N GO MEAL****11:00 AM TO 1:00 PM****PLEASE WEAR YOUR MASK** | **8oz-2% Milk Served with Meals****Occasionally We Must****Substitute Food Items****We Are Sorry For The****Inconvenience** |

***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:****4** | **Days in Week****2** |
| Calories | 700 or more | 704.3 | 727.2 | 791.0 | 761.2 | 773.8 |
| % Carbohydrates from Calories | 45-55% | 41.4 | 51.6 | 45.8 | 47.0 | 45.3 |
| % Protein from Calories | 15-25% | 25.5 | 21.2 | 20.7 | 24.8 | 19.5 |
| % Fat from Calories | 25-35% | 33.1 | 27.2 | 33.5 | 28.3 | 35.2 |
| Saturated Fat | less than 8g | 8.0 | 7.0 | 8.0 | 7.8 | 7.7 |
| Fiber | 10g or more | 10.2 | 10.9 | 10.0 | 10.1 | 13.0 |
| Vitamin B-12 | .8ug or more | 3.5 | 2.3 | 2.6 | 2.7 | 1.5 |
| Vitamin A | 300ug RAE or more | 339.7 | 663.6 | 581.2 | 495.3 | 587.0 |
| Vitamin C | 30mg or more | 42.9 | 87.8 | 78.5 | 43.5 | 46.8 |
| Iron | 2.6mg or more | 6.2 | 4.4 | 4.9 | 5.2 | 5.2 |
| Calcium | 400mg or more | 518.9 | 516.7 | 541.1 | 571.4 | 647.8 |
| Sodium | less than 766mg | 738.0 | 751.8 | 735.1 | 636.5 | 735.5 |

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