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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***

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