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| **Monday 3, 2023**  **CLOSED**  **HAPPY FOURTH OF JULY!** | **TUESDAY 4, 2023**  **CLOSED**  **HAPPY FOURTH OF JULY!** | **WEDNESDAY 5, 2023**  4 oz. Chicken Alfredo  (3oz Chicken Breast, 1oz Light alfredo sauce)  1/2c Penne Pasta  1c Italian Vegetables  6 WW Low Sodium Crackers w/  1 tsp Margarine  1 Orange | **THURSDAY 6, 2023**  2oz Turkey Bratwurst /w 1 Bun  1/3c LS Sauerkraut  3/4c Onions & Peppers  1oz Potato Chips  1/2c LS Ranch Beans  1/2c Mixed Fruit | **FRIDAY 7, 2023**  Frito Pie  (3oz. Beef, .5oz. Cheese,  1 oz. Corn Chips, 2 oz. Sauce, 1/2c Lettuce and Tomato)  1c Vegetable Medley  1/2c Carrot Raisin Salad  1/2c Baked Spiced Apples |
| **MONDAY 10, 2023**  6oz Beef and Macaroni  (3oz Beef, 1/4c Macaroni,  1oz Tomato Sauce)  1c Normandy Blend Vegetables  Wheat roll  1/2c Strawberries in  1/2c Sugar Free Gelatin  2 TBSP Fat Free whipped Topping | **TUESDAY 11, 2023**  8 oz. Pork Posole  (3 oz. Pork,  1/2c Hominy, 1 oz. Red Chile)  1c Roasted zucchini and yellow squash  1 6 inch WW Flour Tortilla  1/2c Diced Mango | **WEDNESDAY 12, 2023**  4oz. Salisbury Steak w/  2oz LS Gravy w/ 1/4c Mushrooms  1/2c Herb Roasted Potatoes  1/2c Spinach  Wheat roll  1c Pears | **THURSDAY 13, 2023**  Tamale w/ Red Chile  (3 oz. Pork, 2oz. LS Red Chile Sauce,  1 oz. Masa)  3/4c Pinto Beans  1c Capri Vegetables  6 LS WW crackers  3/4c Fruit Cocktail | **FRIDAY 14, 2023**  Turkey and Cheese Sandwich  (2 oz. Turkey, .5 oz. Swiss Cheese,  2 Sl. Wheat Bread, 1/2c Lettuce, 2 slices tomato,)  1/2c Potato Salad  4.5oz Tomato and onion salad  1 cup Mandarin Oranges  1/2c Greek Nonfat Vanila Yogurt |
| **MONDAY 17, 2023**  Beef Stroganoff  (3 oz. Beef, 2oz. Sauce)  1/2c Penne Pasta  1c Chateau Vegetables  1c Tropical Fruit Salad  Wheat roll w/ 1 tsp unsalted butter | **TUESDAY 18, 2023**  3oz Chicken Fried Chicken  1 oz. LS Country Gravy  1/2c LS Mashed Potatoes  1/2c No added salt French style green beans  1 WW Dinner Roll w/  1 tsp. unsalted butter  1c Watermelon | **WEDNESDAY 19, 2023**  1 oz. Lite Kielbasa Sausage  3/4c braised red cabbage, w/ ¼ c red onion  3/4c LS White Beans  1 cornbread /w 1 tsp. Margarine &  1c Fruit Salad | **THURSDAY 20, 2023**  4 oz. BBQ Chicken  (3oz Chicken Breast, 1oz LS BBQ Sauce)  1 Hamburger Bun  1c Monte Carlo Blend Vegetables  1/2c Macaroni Salad /w Veggies  3/4c Sliced Peaches  1 chocolate chip cookie | **FRIDAY 21, 2023**  Beef Soft Tacos  (3oz Beef, .5oz Cheese,  1 6 in Flour Tortillas, 1/2c Lettuce and tomato)  2 TBSP Salsa  1/2c LS Stewed tomatoes w/ 1oz GC  1/2c LS Refried Beans  orange |
| **MONDAY 24, 2023**  Chile Cheese Dog  (1oz Beef Hot Dog, 3oz. Chile Meat Sauce, .5oz. Cheese, 1 WW Hot Dog Bun,)  1/2c LS black beans &1/2c Red and green peppers  1/2c spiced pears | **TUESDAY 25, 2023**  Sloppy Joe Sandwich  (3 oz. Beef,1oz Sauce, 1 WW Bun)  1/2c cucumbers and tomato salad  1c Coleslaw w/ 2 TBSP dressing  1c Grapes | **WEDNESDAY 26, 2023**  8oz Ham and Beans  (3/4c beans, 1oz LS Ham)  Cornbread w/ 1 tsp margarine  1/2c Collard greens  1/2c okra w/ 1tsp unsalted butter  1/2c lowfat Strawberry-banana Yogurt | **THURSDAY 27, 2023**  1c Penne w/ 5oz Meat Sauce  1c Broccoli and Cauliflower  1 Wheat Roll w/ 1 tsp margarine  1c Melon Medley (Watermelon / Honeydew / Cantaloupe) | **FRIDAY 28, 2023**  Chicken Salad Sandwich  (3oz Chicken, 1oz Grapes/walnuts,1/2c raw baby spinach  1 Whole Wheat Bun  2 slices tomato  1/2c Glazed Carrots  3/4c Brussel sprouts w/ 1 tsp unsalted butter  1 oz. Sun Chips |
| **MONDAY 31, 2023**  Chicken & Vegetables  3oz Chicken breast  1/2c Peas and carrots w/ 1 tsp margarine  1/2c Steamed Brown  Rice w/ 1 tsp margarine  1/2c 3-Bean Salad  Wheat roll w/ 1 tsp margarine  1c Strawberries and mandarin oranges w/ 1 TBSP whipped topping |  |  | **All meals Served with 8oz 1% Milk as Available**  **Menu Subject to Change** |  |

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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:**  **5** | **Days in Week:**  **1** |
| Calories | 700 | 756.8 | 705.4 | 709.0 | 706.0 | 741.6 |
| % Carbohydrates from Calories | 45-55% | 47.3 | 47.5 | 52.0 | 47.5 | 47.5 |
| % Protein from Calories | 15-25% | 20.9 | 23.0 | 21.9 | 23.1 | 24.2 |
| % Fat from Calories | 25-35% | 31.9 | 29.5 | 25.1 | 29.4 | 28.3 |
| Saturated Fat | less than 8g | 7.6 | 8.0 | 7.4 | 7.7 | 5.9 |
| Fiber | 10g | 12.0 | 11.6 | 10.8 | 10.5 | 11.9 |
| Vitamin B-12 | .8ug | 2.1 | 2.7 | 2.3 | 2.6 | 1.4 |
| Vitamin A | 300ug RAE | 371.3 | 345.9 | 454.4 | 312.2 | 719.2 |
| Vitamin C | 30mg | 57.7 | 47.9 | 38.1 | 58.7 | 84.1 |
| Iron | 2.6mg | 4.1 | 5.4 | 5.5 | 4.9 | 4.2 |
| Calcium | 400mg | 486.4 | 511.9 | 571.2 | 552.2 |  |
| Sodium | less than 766mg | 688.4 | 765.1 | 761.3 | 765.2 |  |

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, RD, LD