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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 Pasta1c Italian Vegetables6 WW Low Sodium Crackers w/ 1 tsp Margarine1 Orange | **THURSDAY 6, 2023**2oz Turkey Bratwurst /w 1 Bun1/3c LS Sauerkraut3/4c Onions & Peppers1oz Potato Chips1/2c LS Ranch Beans1/2c 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 Medley1/2c Carrot Raisin Salad1/2c Baked Spiced Apples  |
| **MONDAY 10, 2023**6oz Beef and Macaroni(3oz Beef, 1/4c Macaroni, 1oz Tomato Sauce)1c Normandy Blend VegetablesWheat roll 1/2c Strawberries in 1/2c Sugar Free Gelatin2 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 squash1 6 inch WW Flour Tortilla1/2c Diced Mango | **WEDNESDAY 12, 2023**4oz. Salisbury Steak w/2oz LS Gravy w/ 1/4c Mushrooms1/2c Herb Roasted Potatoes1/2c SpinachWheat roll 1c Pears | **THURSDAY 13, 2023**Tamale w/ Red Chile(3 oz. Pork, 2oz. LS Red Chile Sauce, 1 oz. Masa)3/4c Pinto Beans1c Capri Vegetables6 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 Salad4.5oz Tomato and onion salad 1 cup Mandarin Oranges1/2c Greek Nonfat Vanila Yogurt  |
| **MONDAY 17, 2023**Beef Stroganoff(3 oz. Beef, 2oz. Sauce) 1/2c Penne Pasta1c Chateau Vegetables1c Tropical Fruit SaladWheat roll w/ 1 tsp unsalted butter  | **TUESDAY 18, 2023**3oz Chicken Fried Chicken 1 oz. LS Country Gravy1/2c LS Mashed Potatoes1/2c No added salt French style green beans1 WW Dinner Roll w/ 1 tsp. unsalted butter1c Watermelon  | **WEDNESDAY 19, 2023** 1 oz. Lite Kielbasa Sausage3/4c braised red cabbage, w/ ¼ c red onion3/4c LS White Beans1 cornbread /w 1 tsp. Margarine &1c Fruit Salad | **THURSDAY 20, 2023**4 oz. BBQ Chicken(3oz Chicken Breast, 1oz LS BBQ Sauce)1 Hamburger Bun1c Monte Carlo Blend Vegetables 1/2c Macaroni Salad /w Veggies3/4c Sliced Peaches1 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 Salsa1/2c LS Stewed tomatoes w/ 1oz GC 1/2c LS Refried Beansorange |
| **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 peppers1/2c spiced pears  | **TUESDAY 25, 2023**Sloppy Joe Sandwich(3 oz. Beef,1oz Sauce, 1 WW Bun)1/2c cucumbers and tomato salad1c Coleslaw w/ 2 TBSP dressing 1c Grapes | **WEDNESDAY 26, 2023**8oz Ham and Beans(3/4c beans, 1oz LS Ham)Cornbread w/ 1 tsp margarine1/2c Collard greens1/2c okra w/ 1tsp unsalted butter 1/2c lowfat Strawberry-banana Yogurt | **THURSDAY 27, 2023**1c Penne w/ 5oz Meat Sauce1c Broccoli and Cauliflower1 Wheat Roll w/ 1 tsp margarine1c Melon Medley (Watermelon / Honeydew / Cantaloupe) | **FRIDAY 28, 2023**Chicken Salad Sandwich(3oz Chicken, 1oz Grapes/walnuts,1/2c raw baby spinach1 Whole Wheat Bun2 slices tomato1/2c Glazed Carrots 3/4c Brussel sprouts w/ 1 tsp unsalted butter 1 oz. Sun Chips |
| **MONDAY 31, 2023**Chicken & Vegetables3oz Chicken breast1/2c Peas and carrots w/ 1 tsp margarine1/2c Steamed Brown Rice w/ 1 tsp margarine1/2c 3-Bean SaladWheat roll w/ 1 tsp margarine1c 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