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| 2% Milk served at meals | TUESDAY 1, 2023Chicken Fettuccine(3oz Chicken, 1/2c Fettuccine, 1oz Light Alfredo sauce)1c Cauliflower & BroccoliWheat roll 1/2c Apple Slices | WEDNESDAY 2, 2023Turkey Wrap(2oz Turkey, 1/2c Lettuce, 2 slices tomato, wheat tortilla wrap)1c Pasta Salad (1/4c Pasta, 1/2c Vegetables)8 baby Carrots & 1/2c Celery Sticks3/4c Tropical Fruit1/2c Greek nonfat vanilla yogurt | THURSDAY 3, 2023Red Chile Beef Enchiladas(2 corn tortilla, 1oz RC, 3oz Beef, .5oz Cheese, 1/2c Lettuce and tomato)1/2c LS Pinto Beans1/2c Corn Salsa1/2c Tossed Salad w/ 1 TBSP Light Italian DressingFresh Orange | FRIDAY 4, 20233oz Chicken Fried Chicken2oz LS Chicken Gravy1/2c LS Mashed Potatoes1/2c Asparagus 1 slice LF LS Cornbread1/2c Plums |
| MONDAY 7, 20233oz LS Baked Tilapia w/ lemon 1/2c Scalloped Potatoes1/2c Roasted Brussel SproutsWheat Roll w/ 1 tsp margarineBanana | TUESDAY 8, 2023Cheese TortelliniMeaty MarinaraSauce (1/2c Tortellini, 2oz beef 2oz NAS Marinara Sauce)1c Italian Veggies1/2c Cucumber Tomato SaladWheat roll 1c Cantaloupe and Grapes | WEDNESDAY 9, 2023Beef Tips(3oz Beef, 2oz LS Gravy) 1/2c Egg Noodles, ¼ c Mushrooms1/2c Peas, w/ 1 tsp margarineSpinach Salad (1c Spinach, 1/2c Strawberries , 1/4c Red onion, ¼ HB Egg), 2 TBSP Light Raspberry VinaigretteWheat Roll w/ 1 tsp margarine1/2c spiced Peaches | THURSDAY 10, 2023Pepper Steak(3oz Pepper steak, 1oz sauce) 1/2c Peppers and onions1c brown rice 1c Stir Fry Vegetables 1c Pineapple | FRIDAY 11, 2023Cobb Salad w/Bacon, (1.5c Spring Mix, 1 HB Egg, 2oz Chicken, 1/4c tomatoes, 1 slice reduced sodium bacon, 1/4c Red Cabbage, 2 TBSP Light Ranch Dressing) 6 WW Crackers1c Fruit salad  |
| MONDAY 14, 20232oz Polish Sausage2 TBSP Sauerkraut1/2c Parsley Potatoes1/2c CarrotsWheat Roll1c Pears  4oz Vanilla Nonfat Greek Yogurt | TUESDAY 15, 2023Beef Burrito Supreme(3oz ground beef, 2 tbsp refried beans, 1/2c Lettuce and tomato, 1oz GC, 1 6 in flour tortilla )1/2c LS Spanish Rice1c Calabacitas1/2c Diced Mango | WEDNESDAY 16, 20233/4c Chicken & Rice Casserole(3oz Chicken, 1/4c Rice)3/4c Broccoli Spears w/ 1/4c Red bell pepper1/2c Tossed Salad w/ 1 TBSP light Italian DressingWheat Roll1/2 c Baked Apple slices | THURSDAY 17, 20233oz LS Turkey Roast1/2c Yams1c Vegetable MedleyWheat Bread 1 slice angel food cake, w, 2 TBSP Cherries, 1 TBSP whipped Topping  | FRIDAY 18, 2023Baked ChickenMushroom Sauce(3oz Chicken 1oz Sauce, 1oz mushrooms)1/2c LS Rice Pilaf3/4c Green Beans & 1/4c Corn Wheat Roll 1c strawberries |
| MONDAY 21, 2023Fish Sandwich w/ Tartar Sauce(1TBSP tartar Sauce, 1bun, 3oz Fish)1c California Veggies w/ 1 tsp margarine 1c Coleslaw w/ 2 TBSP Dressing1/2c FF Sorbet w/ ½ c Berries | TUESDAY 22, 20233oz Roast Beef2oz LS Brown Gravy1 baked sweet potato w/ 1 tsp margarine and 1 tsp chives 1/2c No added salt French style green beansWheat Roll 1 tsp margarine1c Watermelon | WEDNESDAY 23, 2023Teriyaki Chicken(3oz chicken, 1oz Sauce)1c Brown Rice1c Stir fry veggies w/ snap peas 1-Fortune CookieWheat roll 3/4c Mandarin Oranges | THURSDAY 24, 20233oz Lean Beef Fajita 1/2c Peppers and Onion 1 6 in Wheat tortilla1/2c LS Refried Beans2 TBSP Salsa½ c Roasted Zucchini 1c Mixed Fruit | FRIDAY 25, 2023Tuna Salad(3oz Light Tuna)1/2c Beets1/2c Cold Peas6 LS WW CrackersBanana |
| MONDAY 28, 2022Chile Relleno(1oz crust, 1 pepper, .5oz cheese)Meaty Green Chile Sauce(1/4c Green chile sauce, 2oz lean meat)1/2c LS Black Beans1c Cilantro Lime Slaw1 6in flour Tortilla3/4c Chilled Apricots | TUESDAY 29, 2023Chicken Strips(3oz chicken, 1oz Country Gravy 1/2c Okra1/2c No added salt Baked French Fries Spinach Salad(1/2c Spinach, 1 TBSP cranberries, 1/4c Red onion, ¼ HB Egg), 1 TBSP Light Raspberry Vinaigrette)6 LS WW Crackers1/2c Fruit Cocktail  | WEDNESDAY 30, 2023Red Chile Cheese Dog(1/2 beef and pork hot dog, 1bun, 1oz red chile sauce, 2oz lean ground beef)1/2c Three Bean salad1/2c Roasted Cauliflower 1 Orange1/2c Greek nonfat vanilla yogurt  | THURSDAY 31, 2023Sweet & Sour Pork(3oz Pork, 3oz sauce/vegetables)1/2c Brown Rice1c Asian VeggiesWheat Breast 1c Pineapple and Mandarin oranges |  |

***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:****4** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****4** |
| Calories | 700 or more | 709.1 | 763.3 | 707.2 | 755.1 | 773.4 |
| % Carbohydrates from Calories | 45-55% | 50.8 | 50.0 | 48.4 | 50.4 | 53.2 |
| % Protein from Calories | 15-25% | 24.2 | 21.9 | 24.1 | 19.0 | 20.7 |
| % Fat from Calories | 25-35% | 25.1 | 28.0 | 27.5 | 30.6 | 26.0 |
| Saturated Fat | less than 8g | 7.6 | 7.9 | 7.9 | 7.9 | 8.0 |
| Fiber | 10g or more | 12.0 | 10.5 | 10.1 | 10.6 | 11.4 |
| Vitamin B-12 | .8ug or more | 2.4 | 3.4 | 2.3 | 2.7 | 2.6 |
| Vitamin A | 300ug RAE or more | 502.8 | 422.9 | 405.4 | 610.2 | 313.3 |
| Vitamin C | 30mg or more | 74.0 | 82.6 | 66.4 | 60.4 | 103.9 |
| Iron | 2.6mg or more | 4.3 | 5.9 | 4.4 | 4.0 | 4.9 |
| Calcium | 400mg or more | 505.6 | 483.7 | 463.1 | 414.3 | 499.2 |
| Sodium | less than 766mg | 763.5 | 709.8 | 733.9 | 744.3 | 764.7 |

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