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| --- | --- | --- | --- | --- |
| **MONDAY 3, 2023****1c Swedish Meatballs****(3oz Meat, 4oz Sauce)****1/2c Egg Noodles, 1/2c Mushrooms****1/2c Red cabbage, 1/4c Green Apple, and 1/4c Red Onion****WW Roll****Fresh Pear** | **TUESDAY 4, 2023****6oz Sweet & Sour Pork****(3oz Pork, 3oz Sauce)****1/2c Brown Rice****1c Emperor Veggie Blend****1 Vegetable Egg Roll****1/2c Tapioca Pudding** | **WEDNESDAY 5, 2023****Beef Soft Taco****(3oz Ground Beef, 1/2c Lettuce and tomato, 1oz Salsa, 1 6in Flour tortilla)****1/2c LS Chili Beans****1c Calabacitas****1/2c Tropical Fruit** | **THURSDAY 6, 2023****Turkey & Swiss Cheese Wrap****(2oz Turkey, 1oz Swiss Cheese, 1/2c Lettuce, 2 slices tomato, 1 6in spinach tortilla)****8 Baby Carrot & 1/2c Celery Sticks****1c Pasta Salad (1/2c pasta, 1/2c Vegetables)****1/2c Sherbet** | **FRIDAY 7, 2023****GOOD FRIDAY****4oz (3oz Tuna)****Tuna Salad****1/2c 3 Bean Salad****1/2c Cold Peas****1oz Potato Chips****6 LS WW Crackers****Fresh Apple** |
| **MONDAY 10, 2023****2oz Lite Polish Kielbasa****1oz Sauerkraut** **1/2c Steamed Carrots w/ 1/4c White Beans****1/2c Parsley Potatoes****Fresh Banana** | **TUESDAY 11, 2023****Chicken Cordon Bleu****(2oz Chicken, 1oz Cheese, .5oz LS Ham)****1c Broccoli & Cauliflower****½ LS Rice Pilaf****1c Peaches**  | **WEDNESDAY 12, 2023****3oz LS Baked Cod****10 LS NAS Baked French Fries****1/2c Mixed Veggies****1/2c Coleslaw w/ 1 TBSP dressing****1c Fresh Grapes** | **THURSDAY 13, 2023****5oz Teriyaki Chicken****(3oz Chicken, 2oz Sauce)****1/2c Brown Rice****1c Asian Veggies****1-Fortune Cookie****1/2c Mandarin Oranges** | **FRIDAY 14, 2023****8oz Green Chili****Beef Stew****(3oz Beef, 1oz GC, 1/2c Vegetables)****1/2c Beet and Onion Salad****3/4c LS Black Beans****1-6in Flour Tortilla****1/2c Mixed Fruit**  |
| **MONDAY 17, 2023****6oz Baked Chicken****Mushroom Sauce****(3oz Chicken, 1oz mushrooms, 2oz Sauce)****2.5oz Potatoes O’Brien****1c LS French Style Green Beans****Roll****1/2c Pineapple** | **TUESDAY 18, 2023****Frito Pie****(1oz Corn Chips, 3oz Beef, 2oz RC, 1/2c Lettuce and tomato, 1/4c onion)****1/2c LS Pinto Beans****1c corn with red peppers****1/2c Apricots** | **WEDNESDAY 19, 2023****Spaghetti with****Meaty Marinara Sauce****(1/2c Spaghetti, 2oz NAS Marinara Sauce, 3oz Beef)****1c Italian Veggies****1/2c Tossed Salad****w/ 1 TBSP Light Italian Dressing****Garlic Bread****1/2c Ambrosia Fruit Salad** | **THURSDAY 20, 2023****3oz Roast Beef****1/2c Scalloped Potatoes****1c Asparagus & Onions****Wheat Roll****1/2c Sliced Apples** | **FRIDAY 21, 2023****Cobb Salad** **(1.5c lettuce, 1 HB Egg, 2oz Chicken Breast, 1/4c Red Cabbage, 1/4c Cucumber, 10 cherry tomatoes, 8 baby carrots)****2 TBSP Light Ranch Dressing** **Breadstick****2oz LF Brownie**  |
| **MONDAY 24, 2023****Pork Red Tamale****2oz Red Chili Sauce****1/2c LS Spanish Rice****1c Zucchini w/ diced tomatoes****1-6in flour Tortilla****1/2c Diced Mango** | **TUESDAY 25, 2023****BBQ Chicken****(3oz Chicken, 1oz LS BBQ sauce)****1/2c Potato Salad****1c Coleslaw w/ 2 TBSP Light Dressing****1 pc LS Cornbread****Fresh Orange** | **WEDNESDAY 26, 2023****Chicken Fajitas****(3oz Chicken, 1/2c peppers and onions, 1 6in flour tortilla)****1/2c LS Pinto Beans****1c Green Beans & Roasted Cauliflower** **1/2c Mixed Fruit in 3/4c SF Gelatin**  | **THURSDAY 27, 2023****3oz Lean Pork Roast****1oz LS Pork Gravy****½ c Sweet potatoes****1c California Veggies****Wheat Roll****1c Fresh Strawberries** | **FRIDAY 28, 2023****Green Chili Cheeseburger****(1bun, 1oz GC, .5oz Cheese, 3oz Beef, 1/2c Lettuce, 2 slices tomato, 1 slice onion)****1/2c LS Baked Beans****1oz Sun Chips****1/2c creamy cucumber salad** **1-Oatmeal Cookie** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:** |
| Calories | 700 or more | 741.4 | 715.3 | 719.1 | 727.0 |  |
| % Carbohydrates from Calories | 45-55% | 53.3 | 49.3 | 47.5 | 47.6 |  |
| % Protein from Calories | 15-25% | 19.7 | 24.9 | 23.2 | 22.5 |  |
| % Fat from Calories | 25-35% | 27.0 | 25.8 | 29.3 | 29.9 |  |
| Saturated Fat | less than 8g | 7.7 | 7.7 | 8.0 | 8.0 |  |
| Fiber | 10g or more | 12.7 | 10.1 | 10.5 | 11.7 |  |
| Vitamin B-12 | .8ug or more | 2.3 | 2.0 | 3.1 | 2.1 |  |
| Vitamin A | 300ug RAE or more | 486.9 | 462.6 | 548.0 | 356.1 |  |
| Vitamin C | 30mg or more | 50.2 | 44.2 | 50.6 | 84.7 |  |
| Iron | 2.6mg or more | 5.0 | 4.2 | 5.2 | 3.8 |  |
| Calcium | 400mg or more | 520.8 | 427.7 | 432.9 | 481.2 |  |
| Sodium | less than 766mg | 756.5 | 752.1 | 586.0 | 678.1 |  |

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