|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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