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| MONDAY 3, 2023SWEET N SOUR CHICKEN(3oz diced Chicken 2oz sauce)1c brown rice1c oriental veggieWW Roll w/ 1 tsp margarine1/2c mandarin oranges | TUESDAY 4, 2023CLOSED **All Meals Served****With 8oz. 1% Milk as available** | WEDNESDAY 5, 2023BEEF TACOS(3oz Beef, 1/2c lettuce and tomato, 1 6in flour tortilla. 1/2oz shredded cheese)1/2c LS Spanish Rice1/2c LS Pinto Beans1 Churro | THURSDAY 6, 20231c STUFFED PEPPER CASSEROLE(3oz ground turkey 1/2c brown rice, .5oz shredded cheese, 1/2c peppers)1/2c corn4 LS WW Crackers1/2c Tropical Fruit Salad | FRIDAY 7, 2023TUNA SALAD SANDWICHES(5oz Tuna Salad, 1oz white onion, 1oz chopped celery, 1 TBSP Light Mayo, 2 sl ww bread, 3oz Light tuna)1/2c Sweet Potato Fries1/2c Roasted cauliflower 1/2c spiced peaches |
| MONDAY 10, 2023SALISBURY STEAK4oz Salisbury Steak 2oz LS gravy1/2c Roasted Baby Potatoes 1/2c Carrots & 1/2c LS Green beans w/ 1 tsp unsalted butter WW Roll w/ 1 tsp unsalted butter banana | TUESDAY 11, 2023CHEF SALAD(1oz LS Ham, 1oz LS Turkey, 1HB Egg, 1.5c lettuce , 1oz Tomato 3 Tbsp light Ranch Dressing, 1oz Cucumber, 1oz red cabbage, 1oz shredded carrots)6 LS Crackers1/2c Peaches1/2c Greek nonfat vanilla yogurt  | WEDNESDAY 12, 20236oz GREEN CHILE CHICKEN ENCHILADAS(1oz GC, 3oz Chicken, 2 corn tortillas, 1oz cheese, 1/2c Lettuce and tomato)3/4c LS Pinto Beans1/2c LS Spanish Slaw1/2c Cinnamon Apple Sauce | THURSDAY 13, 2023PEPPERONI PIZZA(1svg crust, .5oz cheese, 1oz pizza sauce, 7 slices pepperoni)1c Garden Salad w/ 2 TBSP light dressing3/4c LS Garbanzo Beans1/2c roasted Zucc. w/1/4c red bell pepper strips1c Watermelon4 LS Crackers | FRIDAY 14, 2023CHICKEN FETTUCCINNE ALFREDO(3oz diced Chicken 1/2c fettuccine, 1oz light alfredo sauce)1/2c Garden Salad w/ 1 TBSP Light Italian Dressing3/4c Broccoli and 1/2c Spinach,1 tsp unsalted butter 1 garlic bread1c Strawberries/Blueberries |
| MONDAY 17, 20233oz Spicy Chicken Nuggets(3oz Baked Chicken Nuggets)1/2c Potato Wedges1c Garden Salad w/ 2 TBSP Light Italian Dressing3/4c Roasted Brussel Sprouts1/2c pineapple tidbits  | TUESDAY 18, 2023BEEF TIPS W/EGG NOODLES(3oz Beef,2oz LS Sauce, 1/2c Egg noodles)1/2c Mushrooms1/2c peas and carrots 1 sl Wheat Bread w/ 1 tsp margarine1c Grapes | WEDNESDAY 19, 20231c Tossed Salad w/ 2 TBSP Light Italian DressingHOT TURKEY SANDWICH(3oz sliced Turkey breast, 1sl WW bread, 2oz LS turkey gravy)1/4c Whole berry cranberry sauce1/2c parsley mashed potatoes1/2c LS Stewed Tomatoes1/2c cantaloupe | THURSDAY 20, 2023BREAKFAST FOR LUNCH2oz Scrambled eggs1oz reduced fat sausage patty1/2c hashbrowns w/ 1/2c Peppers and onions1 slice wheat bread w/ 1 tsp margarine1c Fruit Salad1/2c Greek nonfat vanilla yogurt | FRIDAY 21, 2023GREEN CHILE SMOTHERED BURRITOS3oz Beef, 2oz LS GC sauce, 18in WW Flour tortillas, 1/2c diced potatoes, 1oz diced onions1/2c calabicitas3/4c LS Ranch Beans1/2c Diced mango |
| MONDAY 24, 2023LASAGNA8oz Lasagna 1/2c lasagna pasta, 3oz Beef, 1oz Sauce, 1oz Cheese, .5oz Cottage Cheese1c Garden Salad w/ 2 TBSP Light Italian Dressing1c Italian blend Veggies1 garlic Bread1/2c spiced pears | TUESDAY 25, 20231c Tossed Salad w/ 2 TBSP Light Italian Dressing1c CHICKEN, Broccoli & RICE Casserole3oz Chicken, .5oz Cheese, 1/2c rice, 1/2c Broccoli, 2oz LS Cream of Chicken1/2c Tomato onion salad1/2c Mixed Fruit | WEDNESDAY 26, 2023Pepper STEAK3oz Beef, 2 oz LS sauce, 1/2c Bell peppers1c stir fy vegetables1/2c egg noodlesWW Roll 1 tsp Margarine1/2c plums | THURSDAY 27, 2023RED CHILE W/PORK3oz Pork meat, 2oz Red Chile Sauce1 6in flour tortilla1/2c Pinto Beans1/2c cucumbers, tomato, and onion salad1/2c Fruit Cocktail  | FRIDAY 28, 2023CHICKEN & MUSHROOMS(3oz Chicken Breast 2oz mushroom sauce)1/3c Au Gratin PotatoesWW Roll w/ 1 TBSP Margarine3/4c French Style No added Salt Green Beans1/2c Banana in 1/2c SF gelatin  |
| MONDAY 31,20231c ROAST BEEF POT PIE3oz Roast Beef, 1/3 c Mixed Vegetables, 1/3c potatoes 1oz sauce, 1oz Cust1c Garden Salad w/ 1 TBSP Light Dressing6 LS WW Crackers1c Fruit salad .5c cinnamon honey yams |  |  |  |  |

***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:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****1** |
| Calories | 700 or more | 790.6 | 707.2 | 779.7 | 753.9 | 822.8 |
| % Carbohydrates from Calories | 45-55% | 52.9 | 50.5 | 50.6 | 47.1 | 52.7 |
| % Protein from Calories | 15-25% | 20.0 | 26.4 | 21.3 | 23.4 | 20.1 |
| % Fat from Calories | 25-35% | 27.1 | 23.1 | 28.0 | 29.5 | 27.2 |
| Saturated Fat | less than 8g | 6.9 | 7.8 | 7.9 | 7.8 | 7.3 |
| Fiber | 10g or more | 11.1 | 13.2 | 10.2 | 10.0 | 10.6 |
| Vitamin B-12 | .8ug or more | 2.0 | 2.1 | 2.6 | 2.1 | 4.1 |
| Vitamin A | 300ug RAE or more | 401.6 | 689.6 | 431.9 | 417.3 | 463.7 |
| Vitamin C | 30mg or more | 71.4 | 73.2 | 52.5 | 68.9 | 40.1 |
| Iron | 2.6mg or more | 4.8 | 6.0 | 5.9 | 5.4 | 6.5 |
| Calcium | 400mg or more | 488.5 | 541.3 | 493.8 | 539.0 | 411.6 |
| Sodium | less than 766mg | 633.7 | 752.5 | 764.8 | 754.5 | 751.2 |

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, RDN, LD