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| MONDAY 3, 2023  SWEET N SOUR CHICKEN  (3oz diced Chicken 2oz sauce)  1c brown rice  1c oriental veggie  WW Roll w/ 1 tsp margarine  1/2c mandarin oranges | TUESDAY 4, 2023  CLOSED  **All Meals Served**  **With 8oz. 1% Milk as available** | WEDNESDAY 5, 2023  BEEF TACOS  (3oz Beef, 1/2c lettuce and tomato, 1 6in flour tortilla. 1/2oz shredded cheese)  1/2c LS Spanish Rice  1/2c LS Pinto Beans  1 Churro | THURSDAY 6, 2023  1c STUFFED PEPPER CASSEROLE  (3oz ground turkey 1/2c brown rice, .5oz shredded cheese, 1/2c peppers)  1/2c corn  4 LS WW Crackers  1/2c Tropical Fruit Salad | FRIDAY 7, 2023  TUNA 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 Fries  1/2c Roasted cauliflower  1/2c spiced peaches |
| MONDAY 10, 2023  SALISBURY STEAK  4oz Salisbury Steak 2oz LS gravy  1/2c 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, 2023  CHEF 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 Crackers  1/2c Peaches  1/2c Greek nonfat vanilla yogurt | WEDNESDAY 12, 2023  6oz GREEN CHILE CHICKEN ENCHILADAS  (1oz GC, 3oz Chicken, 2 corn tortillas, 1oz cheese, 1/2c Lettuce and tomato)  3/4c LS Pinto Beans  1/2c LS Spanish Slaw  1/2c Cinnamon Apple Sauce | THURSDAY 13, 2023  PEPPERONI PIZZA  (1svg crust, .5oz cheese, 1oz pizza sauce, 7 slices pepperoni)  1c Garden Salad w/ 2 TBSP light dressing  3/4c LS Garbanzo Beans  1/2c roasted Zucc. w/1/4c red bell pepper strips  1c Watermelon  4 LS Crackers | FRIDAY 14, 2023  CHICKEN FETTUCCINNE ALFREDO  (3oz diced Chicken 1/2c fettuccine, 1oz light alfredo sauce)  1/2c Garden Salad w/ 1 TBSP Light Italian Dressing  3/4c Broccoli and 1/2c Spinach,1 tsp unsalted butter  1 garlic bread  1c Strawberries/Blueberries |
| MONDAY 17, 2023  3oz Spicy Chicken Nuggets  (3oz Baked Chicken Nuggets)  1/2c Potato Wedges  1c Garden Salad w/ 2 TBSP Light Italian Dressing  3/4c Roasted Brussel Sprouts  1/2c pineapple tidbits | TUESDAY 18, 2023  BEEF TIPS W/EGG NOODLES  (3oz Beef,2oz LS Sauce, 1/2c Egg noodles)  1/2c Mushrooms  1/2c peas and carrots  1 sl Wheat Bread w/ 1 tsp margarine  1c Grapes | WEDNESDAY 19, 2023  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  HOT TURKEY SANDWICH  (3oz sliced Turkey breast, 1sl WW bread, 2oz LS turkey gravy)  1/4c Whole berry cranberry sauce  1/2c parsley mashed potatoes  1/2c LS Stewed Tomatoes  1/2c cantaloupe | THURSDAY 20, 2023  BREAKFAST FOR LUNCH  2oz Scrambled eggs  1oz reduced fat sausage patty  1/2c hashbrowns w/ 1/2c Peppers and onions  1 slice wheat bread w/ 1 tsp margarine  1c Fruit Salad  1/2c Greek nonfat vanilla yogurt | FRIDAY 21, 2023  GREEN CHILE SMOTHERED BURRITOS  3oz Beef, 2oz LS GC sauce, 18in WW Flour tortillas, 1/2c diced potatoes, 1oz diced onions  1/2c calabicitas  3/4c LS Ranch Beans  1/2c Diced mango |
| MONDAY 24, 2023  LASAGNA  8oz Lasagna 1/2c lasagna pasta, 3oz Beef, 1oz Sauce, 1oz Cheese, .5oz Cottage Cheese  1c Garden Salad w/ 2 TBSP Light Italian Dressing  1c Italian blend Veggies  1 garlic Bread  1/2c spiced pears | TUESDAY 25, 2023  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  1c CHICKEN, Broccoli & RICE Casserole  3oz Chicken, .5oz Cheese, 1/2c rice, 1/2c Broccoli, 2oz LS Cream of Chicken  1/2c Tomato onion salad  1/2c Mixed Fruit | WEDNESDAY 26, 2023  Pepper STEAK  3oz Beef, 2 oz LS sauce, 1/2c Bell peppers  1c stir fy vegetables  1/2c egg noodles  WW Roll 1 tsp Margarine  1/2c plums | THURSDAY 27, 2023  RED CHILE W/PORK  3oz Pork meat, 2oz Red Chile Sauce  1 6in flour tortilla  1/2c Pinto Beans  1/2c cucumbers, tomato, and onion salad  1/2c Fruit Cocktail | FRIDAY 28, 2023  CHICKEN & MUSHROOMS  (3oz Chicken Breast 2oz mushroom sauce)  1/3c Au Gratin Potatoes  WW Roll w/ 1 TBSP Margarine  3/4c French Style No added Salt Green Beans  1/2c Banana in 1/2c SF gelatin |
| MONDAY 31,2023  1c ROAST BEEF POT PIE  3oz Roast Beef, 1/3 c Mixed Vegetables, 1/3c potatoes 1oz sauce, 1oz Cust  1c Garden Salad w/ 1 TBSP Light Dressing  6 LS WW Crackers  1c 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