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| --- | --- | --- | --- | --- |
| 1% Milk served at meals |  |  |  | Friday 1, 2023  3/4c Mexican Goulash  (3oz Lean Beef, 1/4c Macaroni, 1oz GC, 1/8c tomatoes and corn)  1c Tossed Salad w/  2T FF Italian dressing  6 LS WW crackers  1/2c apple slices |
| Monday 4, 2023  3oz Salisbury Steak  2oz LS gravy w/  1/2c mushrooms  1/2c Herbed Red Roasted Potatoes  1/2c broccoli  1WW roll  1/2c Orange sections w/ ¼ tsp cinnamon | Tuesday 5, 2023  Stuffed Bell Peppers  (3oz ground beef, 1/4c rice, ½ bell pepper)  1c Mexican Salad w/  1c Romain Lettuce, 5 cherry tomatoes, 1/8c Red onion, 1/4c corn, ¼ Avocado, .5oz Cotija Cheese, .5oz Tortilla chips  2 TBSP Mexican Salad dressing  Wheat roll w/ 1 tsp unsalted butter  1/2c strawberries | Wednesday 6, 2023  2oz LS Ham  1/4c dressing  3/4c sweet potatoes w/ 1/3c Chopped pecans  1/2c asparagus  1/2c cranberry sauce  1 WW Roll  1 slice pumpkin bread | Thursday 7, 2023  8oz Chicken and Dumpling  (3 oz. Chicken, 1 oz. Sauce,  1/2c Dumplings)  1/2c mustard greens  1/2c glazed carrots  1 slice WW bread w/  1tsp margarine  1/2c spiced peaches | Friday 8, 2023  Chile & Pinto Beans  (2oz RC, 3/4c Pinto beans)  1/2c cherry tomato and red onion salad  1 slice Mexican cornbread  1 slice SF angel food cake, 1/2c apricots,  2T FF whipping cream |
| Monday 11, 2023  7oz Swiss Steak  (3oz Salisbury steak , 4 oz onions)  w/ 1oz au jus  1c California blend  1/2c LS Ranch Style beans  1 WW Roll  1/2c mixed fruit | Tuesday 12, 2023  Spaghetti w/meat sauce  (1/2c Wheat Spaghetti, 5oz Meat sauce (3oz Meat, 2oz NAS Marinara Sauce))  1/2c lemon sauteed spinach  1/2c LS Spanish cauliflower rice  1c Tossed Salad w/  2T FF Ranch Dressing  1 slice whole wheat bread w/ 1 tsp unsalted butter  1/2c SF Gelatin w/ 1/2c banana | Wednesday 13, 2023  Seared Chicken w/  1/4c strawberry salsa  1/2c butter beans  1/2c carrot coins  1 WW Roll  1c cantaloupe chunks | Thursday 14, 2023  2 oz. Kielbasa Sausage  1/2c Red Cabbage  1/2c Herb Roasted Potatoes  1/2c yellow squash and NAS Diced tomatoes  1 slice WW bread w/ 1 tsp unsalted butter  1/2c Greek nonfat vanilla yogurt  3/4c pineapple tidbits | Friday 15, 2023  3oz Chicken Fried Steak  1/2c LS mashed potatoes w/  2oz LS pepper gravy  1/2c green beans  1 WW Roll  ½ slice pound cake, 1/2c sliced peaches w/  2T FF whipping Toping |
| Monday 18, 2023  Green Chile Cheeseburger  (3 oz. lean Beef, .5oz. Cheese, 2oz GC)  1 bun, 1/2c lettuce, 2 sliced tomato, 1 slice onion)  1/2c LS LF Broccoli Salad  1/2c NAS Baked Beans  1c strawberries | Tuesday 19, 2023  Chicken Fajita  (3oz Chicken, 1/2c Peppers and onion, 1 6 in flour tortilla, 2 TBSP salsa)  1/2c corn w/  1 tsp cilantro-lime butter  1/2c Zucchini  1/2c Mango and mint | Wednesday 20, 2023  Beef Stew  (3 oz. Beef, 1/8c Sauce,  1/4c Carrots, 1/4c Potato)  1/2c beets  1 slice cornbread  1 peanut butter cookie | Thursday 21, 2023  4oz Meatloaf  1/2c Brussel sprouts  1/2 baked sweet potato  1C Tossed Salad w/  2T FF Ranch dressing  1 WW roll  1/2c cherries in cobbler | Friday 22, 2023  CLOSED |
| Monday 25, 2023  CHRISTMAS  CLOSED | Tuesday 26, 2023  CLOSED | Wednesday 27, 2023  3oz Baked Chicken  1/2c parsley potatoes  1/2c spinach  1 WW Roll  1c grapes | Thursday 28, 2023  3oz Roast Beef  1/2c green beans & 1/4c pearl onions  1/2c Vegetable Blend Medley  1 WW roll  1/2c mandarin oranges | Friday 29, 2023  3oz Fried Catfish w/ 2 TBSP Tartar sauce  1/2c pinto beans  1/2c Picnic Marinated Summer Slaw  1 Cornbread  1 hushpuppy  1/2c peaches in SF cobbler |

***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:**  **1** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **3** |
| Calories | 700 or more | 739.7 | 822.9 | 706.8 | 768.1 | 747.6 |
| % Carbohydrates from Calories | 45-55% | 53.5 | 43.4 | 43.0 | 51.7 | 46.2 |
| % Protein from Calories | 15-25% | 19.2 | 18.4 | 24.1 | 22.0 | 20.1 |
| % Fat from Calories | 25-35% | 27.4 | 32.2 | 26.9 | 26.3 | 33.6 |
| Saturated Fat | less than 8g | 7.7 | 7.5 | 7.8 | 7.4 | 7.4 |
| Fiber | 10g or more | 13.1 | 13.5 | 10.8 | 12.3 | 10.2 |
| Vitamin B-12 | .8ug or more | 2.9 | 2.3 | 2.5 | 3.0 | 2.6 |
| Vitamin A | 300ug RAE or more | 660.0 | 547.8 | 525.7 | 809.2 | 457.8 |
| Vitamin C | 30mg or more | 39.9 | 53.0 | 58.6 | 95.8 | 33.0 |
| Iron | 2.6mg or more | 6.5 | 5.9 | 5.4 | 5.6 | 5.5 |
| Calcium | 400mg or more | 415.0 | 511.7 | 478.3 | 599.0 | 516.1 |
| Sodium | less than 766mg | 760.1 | 766.6 | 766.0 | 707.8 | 691.8 |

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.

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