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| **MONDAY 2, 2023**Bean Burrito Enchilada Style(3/4c LS Pinto beans, .5oz cheese, 1 8in flour tortilla, 2 oz red chile)1/2c LS spanish rice1/2c lettuce/tomato1/2c Calabacitas1/2c Beets1c Grapes | **Tuesday 3, 2023**3 oz breaded steak fingers1/2c LS mashed potatoes/ 1 oz LS gravy1c Normandy veggies1 Wheat Roll1/2c Spiced Peaches | **Wednesday 4, 2023**Chicken Fajitas(3 oz chicken, 1/2c Peppers and onions1 flour 6 in tortilla, 1 TBSP LS Salsa)1/2c Chuckwagon Vegetables1/2c Tomato and Red Onion Salad1/2c Tropical Fruit Salad | **THURSDAY 5, 2023**6 oz hamburger macaroni( 3oz beef, 1/2c macaroni)4 oz Carrots1/2c LS LF Broccoli Salad4 LS CrackersOrange | **FRIDAY 6, 2023**Egg salad sandwich(4 oz egg salad, 1/2c Spinach, 2 slice WW bread)3/4c LS three Bean Salad(1/4c Red beans, 1/2c yellow and was beans)1/2c Sweet potato fries 1 banana1/2c Greek nonfat vanilla yogurt |
| **MONDAY 9, 2023**Fish and Chips( oz breaded fish, 1/2c NAS Baked fries)1/2c coleslaw w/ 1TBSP dressing1/2c AsparagusWheat Roll w/ tsp unsalted butter 1c Fruit Salad | **TUESDAY 10, 2023**Chicken Fettuccine Alfredo(3 oz chicken breast, 2 oz Light alfredo sauce, 1/2c fettuccine noodles)1c Italian blend veggiesWheat roll w/ 1tsp unsalted butter 1/2c Apricots | **WEDNESDAY 11, 2023**BBQ Pulled Pork on a Bun(3 oz pulled pork, 1 oz Sauce, 1 WW Bun)1/2c LS Herb Roasted Potatoes1/2c Green Beans and 1/2c Mushrooms 1c Watermelon  | **THURSDAY 12, 2023**3oz Porcupine Meatballs(3oz Beef, 1/4c Rice, 1oz tomato sauce, 1 TBSP Sesame Seeds)1c Vegetable Medley w/ 1 tsp unsalted butter 1/2c Roasted Brussel Sprouts1/2c Brown Rice w/ 1 tsp unsalted butter 1c Spiced Pears w/ 2 TBSP Whipped Topping  | **FRIDAY 13, 2023**Baked Eggplant Parmesan(1/2c Eggplant, 1 TBSP Parm,2oz NAS Marinara, 1oz Mozzarella Cheese)1/2c Quinoa w/1/2c kale1/2c Green Salad w/ 1 TBSP light Italian Dressing w/ 1 HB egg 1/2c Peaches w/ 1/2c Greek nonfat vanilla yogurt |
| **MONDAY 16, 2023**Chicken Pasta Salad(3 oz Diced chicken, 1c (red onions, cherry tomatoes, red and green bell peppers, 1/2c penne pasta)1/2c LS Roasted Zucchini2 TBSP Light Italian DressingCornbread w/ 1 tsp margarine1/2c SF Gelatin w/ 1/2c Fruit Cocktail  | **TUESDAY 17, 2023**Grilled Cheese Sandwich(1 oz cheese, 2 slices WW Bread)8oz LS Vegetable Soup (w/ 1/2c Red beans)1c Tossed salad w/ 2 TBSP Light Italian Dressing1c strawberries /2T whipped Topping | **WEDNESDAY 18, 2023**4 oz chicken fried chicken (Drumstick)1/2c LS mashed potatoes/ 2oz LS Gravy1/2c Collard Greens w/ 1/4c onions and garliccornbread1/2c LF Blueberries in Crisp (made with oil) | **THURSDAY 19, 2023**2 beef tacos(3 oz ground beef, 1 oz cheese, 2 corn tortillas)1/2c lettuce/tomato, 2 TBSP LS Salsa)1/2c LS Pinto Beans1c Capri Vegetables1/2c Mixed Fruit  | **FRIDAY 20, 2023**Pepperoni Pizza(7 slices pepperoni, 1 oz cheese, 1 oz crust, 1oz Pizza sauce)1c garden salad w/ 2 TBSP Lite Italian Dressing & 1/4c LS Garbanzo beans1/2c Broccoli and Cauliflower 1/2c Apple Slices1/2c Strawberry Greek Nonfat Yogurt  |
| **MONDAY 23, 2023**4 oz orange chicken(3oz Chicken, 1oz Sauce)1/2c Brown rice1c Vegetable Stir fry1 vegetable egg roll4 oz mandarin oranges  | **TUESDAY 24, 2023**8 oz spaghetti(3 oz meat, 2oz NAS sauce, 1/2c noodles)1c Vegetable medley1/2c garden salad w/ 1 TBSP Lite Italian Dressing1 breadstickBanana | **WEDNESDAY 25, 2023**Spinach Salad(1c Spinach, 1/4c red onions, 1/2c Strawberries, 2 TBSP light Raspberry Vinaigrette, 1/4c Pecans)3 oz LS pork chop1/2c Parsley Potatoes1/2c Roasted Carrots1 Cornbread1/2c Applesauce | **THURSDAY 26, 2023**1/2c garden salad w/ 1 TBSP Lite Italian Dressing8 oz beef stew(3 oz beef, 4 oz vegetables, 1 oz sauce)4 oz steamed cabbage1 slice cornbread1 peanut butter cookie | **FRIDAY 27, 2023**Chicken Wrap(3 oz Diced chicken, 1 oz cheese, 1/2c lettuce and 2 slices tomato, 1 spinach Wrap)1c Pasta Salad (1/2c Pasta, 1/2c Vegetables)1/2c Brussel Sprouts1 oz Sun chips1c Fruit Salad |
| **MONDAY 30, 2023**4 oz LS Dill baked fish1/2c LS Brown rice pilaf3/4c No added salt French style green beans w/ 1 tsp unsalted butter 1/2c LS Cucumber and Tomato Salad 1c Green Salad w/ 2 TBSP Light Italian DressingWheat Roll w/ 1 tsp unsalted butter ½ c Pineapple w/ 2 TBSP Whipped topping  | **TUESDAY 31, 2023**4 oz BBQ Chicken(3oz Chicken Breast, 1 TBSP LS Barbeuce Sauce1/2c Swiss chard w/ garlic & onions1/2c LS Stewed Okra Tomatoes w/ 2 TBSP GC1 wheat roll w/ 1 tsp unsalted butter 1/2c SF Green Gelatin w/ 1/4c Whipped Topping1/2c Orange Sections |  |  | 8 oz. 1% Milk Served With All Meals |

***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:****2** |
| Calories | 700 or more | 799.2 | 705.8 | 754.2 | 793.5 | 703.8 |
| % Carbohydrates from Calories | 45-55% | 54.0 | 51.6 | 48.5 | 48.1 | 49.7 |
| % Protein from Calories | 15-25% | 17.4 | 20.7 | 22.0 | 23.3 | 25.3 |
| % Fat from Calories | 25-35% | 28.7 | 27.7 | 29.5 | 28.6 | 25.0 |
| Saturated Fat | less than 8g | 7.0 | 7.9 | 8.0 | 7.4 | 8.0 |
| Fiber | 10g or more | 14.3 | 11.0 | 10.6 | 10.5 | 12.5 |
| Vitamin B-12 | .8ug or more | 1.9 | 1.9 | 2.2 | 2.6 | 1.9 |
| Vitamin A | 300ug RAE or more | 585.7 | 357.8 | 527.0 | 583.0 | 611.7 |
| Vitamin C | 30mg or more | 73.2 | 45.5 | 65.7 | 58.4 | 73.0 |
| Iron | 2.6mg or more | 5.6 | 4.6 | 4.6 | 6.0 | 4.4 |
| Calcium | 400mg or more | 544.8 | 520.1 | 611.6 | 567.2 | 540.9 |
| Sodium | less than 766mg | 764.6 | 736.7 | 751.7 | 756.2 | 652.6 |

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