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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 rice  1/2c lettuce/tomato  1/2c Calabacitas  1/2c Beets  1c Grapes | **Tuesday 3, 2023**  3 oz breaded steak fingers  1/2c LS mashed potatoes/ 1 oz LS gravy  1c Normandy veggies  1 Wheat Roll  1/2c Spiced Peaches | **Wednesday 4, 2023**  Chicken Fajitas  (3 oz chicken, 1/2c Peppers and onions  1 flour 6 in tortilla, 1 TBSP LS Salsa)  1/2c Chuckwagon Vegetables  1/2c Tomato and Red Onion Salad  1/2c Tropical Fruit Salad | **THURSDAY 5, 2023**  6 oz hamburger macaroni  ( 3oz beef, 1/2c macaroni)  4 oz Carrots  1/2c LS LF Broccoli Salad  4 LS Crackers  Orange | **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 banana  1/2c Greek nonfat vanilla yogurt |
| **MONDAY 9, 2023**  Fish and Chips  ( oz breaded fish, 1/2c NAS Baked fries)  1/2c coleslaw w/ 1TBSP dressing  1/2c Asparagus  Wheat 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 veggies  Wheat 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 Potatoes  1/2c 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 Sprouts  1/2c 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 kale  1/2c 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 Zucchini  2 TBSP Light Italian Dressing  Cornbread w/ 1 tsp margarine  1/2c 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 Dressing  1c strawberries /2T whipped Topping | **WEDNESDAY 18, 2023**  4 oz chicken fried chicken (Drumstick)  1/2c LS mashed potatoes/ 2oz LS Gravy  1/2c Collard Greens w/ 1/4c onions and garlic  cornbread  1/2c 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 Beans  1c Capri Vegetables  1/2c 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 beans  1/2c Broccoli and Cauliflower  1/2c Apple Slices  1/2c Strawberry Greek Nonfat Yogurt |
| **MONDAY 23, 2023**  4 oz orange chicken  (3oz Chicken, 1oz Sauce)  1/2c Brown rice  1c Vegetable Stir fry  1 vegetable egg roll  4 oz mandarin oranges | **TUESDAY 24, 2023**  8 oz spaghetti  (3 oz meat, 2oz NAS sauce, 1/2c noodles)  1c Vegetable medley  1/2c garden salad w/ 1 TBSP Lite Italian Dressing  1 breadstick  Banana | **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 chop  1/2c Parsley Potatoes  1/2c Roasted Carrots  1 Cornbread  1/2c Applesauce | **THURSDAY 26, 2023**  1/2c garden salad w/ 1 TBSP Lite Italian Dressing  8 oz beef stew  (3 oz beef, 4 oz vegetables, 1 oz sauce)  4 oz steamed cabbage  1 slice cornbread  1 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 Sprouts  1 oz Sun chips  1c Fruit Salad |
| **MONDAY 30, 2023**  4 oz LS Dill baked fish  1/2c LS Brown rice pilaf  3/4c 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 Dressing  Wheat 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 Sauce  1/2c Swiss chard w/ garlic & onions  1/2c LS Stewed Okra Tomatoes w/ 2 TBSP GC  1 wheat roll w/ 1 tsp unsalted butter  1/2c SF Green Gelatin w/ 1/4c Whipped Topping  1/2c 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.

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