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| **MONDAY May 1, 2023**  Beef & Papas  (3oz Ground Beef,  1/2c Potato)  1/2c Pinto Beans  3/4c Roasted Cauliflower w/ red bell peppers  1 8 in Tortilla  1 oz Salsa  1 Banana | **TUESDAY May 2, 2023**  Red Chile Enchiladas  (3oz Ground Beef, 1oz Cheese,  1oz Red Chile,  2 Corn Tortillas)  1/2c LS Refried Beans  1c Calabacitas  1/2c LF Lemon Pudding  (Cinco De Mayo Special) | **WEDNESDAY May 3, 2023**  8oz Hamburger Macaroni  (3 oz Beef, 1 oz. Sauce,  1/2c Macaroni)  1/2c LS Stewed Tomatoes  1/2c LS Seasoned Spinach with 1/4c Onions  1c Sliced Pears | **THURSDAY May 4, 2023**  Tamale  (3 oz. Pork, 2oz. Red Chile,  2 oz. Masa)  1/2c LS Pinto Beans  1/2c Spanish Slaw  1 Orange | **FRIDAY May 5, 2023**  Tuna Salad Sandwich  (1/2c Tuna Salad,  1 Whole Wheat Bun)  1/2c Lettuce and Tomato Slice  1c 5-way Veggie Blend w/ 1 tsp margarine  1 oz. Sun Chips  1 Peanut butter Cookie |
| **MONDAY May 8, 2023**  4 oz. Sweet & Sour Chicken  1c Steamed Brown Rice  1c Stir Fry Vegetables  1 sl. WW Bread w/  1 tsp. Margarine  1/2 c Cherry Crumble | **Tuesday May 9, 2023**  Beef Tacos  (3 oz. Beef, 1 oz. Cheese,  2 Tortillas, 1/2c Lettuce and tomato, 2 corn tortillas)  1oz Salsa  1/2c LS Spanish Rice  1/2c LS black beans w/ green and red bell peppers  1c Capri Vegetables  1/2c SF Gelatin | **WEDNESDAY May 10, 2023**  Chile Cheese Dog  (1/2 Hot Dog, 3oz. Chile Meat Sauce, 1/2 oz. Cheese, 1 Hot Dog Bun, 1/4c Peppers/Onions)  3/4c Green Beans w/ 1 tsp margarine  1c Mixed Fruit | **THURSDAY May 11, 2023**  Sausage and Mushroom Ragu  (3oz Turkey Sausage,  3 oz. Mushrooms, 1/4c NAS Marinara Sauce)  1/2c Penne Pasta  1c Italian Blend Vegetable  1 Garlic Roll  1/2c Peaches | **FRIDAY May 12, 2023**  Frito Pie  (3oz. Beef,  1 oz. Corn chips, 2 oz. Sauce, 1/2c Lettuce and Tomato, 1/2c LS Pinto Beans)  1/2c Cucumber Salad  1/2c Carrots  1c Watermelon |
| **MONDAY May 15, 2023**  **1/2c Tossed Salad/ 1 TBSP Light Italian Dressing**  Beef Stroganoff  (3 oz. Beef, 2oz. Sauce, 1/2c Mushrooms)  3/4c Penne Pasta  1c Chateau Vegetables w/ 1 tsp margarine  1/2c Apples in Cobbler | **TUESDAY May 16, 2023**  BBQ Chicken  (3oz Chicken, 1TBSP LS Barbecue Sauce,)  1c Veg. Medley w/ 2 tsp margarine  ½ Baked potato w/ 1 tsp margarine, 2 TBSP Sour Cream, 1 tsp chives  1c Honeydew  1 oatmeal cookie | **WEDNESDAY May 17, 2023**  Polish Sausage  (3 oz. Lite Polish kielbasa,  1 Wheat hot dog Bun)  1/4c LS Sauerkraut  1/2c Peppers & Onions  10 baked no added salt French fries  1/2c Cucumber and tomato salad  1/2c Tropical fruit salad | **THURSDAY May 18, 2023**  6oz Ham & Beans  (2 oz. Low Sodium Ham,  1 oz. Sauce, 3/4c Beans)  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  6 LS WW Crackers  1c Strawberries/Bananas  w/ 2 TBSP Whipped topping | **FRIDAY May 19, 2023**  Chicken & Vegetables  (3oz Chicken, 1c  Assorted winter squash w/ 1 tsp margarine)  1/3c Beet and Onion Salad  1/2c Steamed Brown Rice w/ 1 tsp margarine  1/2c mandarin oranges in 1/2c SF Gelatin w/ 2 TBSP Whipped topping |
| **Monday May 22, 2023**  1c Beef Stew  (3oz Beef, 1oz Sauce  1/2c Potato and Vegetables)  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  6 LS WW Crackers  1c Fruit Salad | **TUESDAY May 23, 2023**  3 oz. LS Braised Pork chops  3/4c Red Cabbage w 1/4c Red onions  1/2c LS Roasted Potatoes  1 Biscuit /w 1 tsp. Margarine & 1T Honey  1 Banana | **WEDNESDAY May 24, 2023**  Pasta w/ Meat sauce  1/2c Elbow Macaroni w/  5oz. Meat Sauce  1c Italian Blend Vegetables  1 sl. WW Bread w/  1 tsp Margarine  1/2c Fruit Cocktail | **THURSDAY May 25, 2023**  1c Tossed Salad w/ 2 TBSP light Italian Dressing  4 oz. Baked chicken  2oz LS Gravy  1/2c LS Rice Pilaf  1c Country Vegetables  1slice wheat bread w/ 1 tsp margarine  1/2c LF Chocolate pudding | **FRIDAY May 26, 2023**  Cheeseburger  (3 oz. Beef Patty, 1oz Cheese, 1  Bun, 1/4c Saut eed Onions, 1/2c  Lettuce& 2 slices Tomato)  1/2c Potato Salad  3/4c Roasted Brussel Sprouts  1 tsp Mustard / 1T Ketchup  1 Oatmeal Raisin Cookie  **Memorial Day Meal** |
| **MEMORIAL**  **DAY**  **NO MEALS**  **SERVED** | **Tuesday May 30, 2023**  1/2c Tossed Salad w/ 1 TBSP light Dressing  Chicken Alfredo  (3 oz. Chicken, 2 oz. Light Alfredo Sauce,  1/2c Fettuccine )  1c California blend Vegetables w/ 1 tsp margarine  Wheat roll w/ 1 tsp margarine  1/2c Fruit Compote (Strawberries, canned peaches) | **WEDNESDAY May 31, 2023**  Sloppy Joe Sandwich  (3 oz. Beef,1oz Sauce, 1 Bun, 1/2c  peppers and onion)  3/4c LS Roasted Zucchini  1/2c baked sweet potatoes  Apple |  | **All Meals Served**  **With 8oz. 1% Milk as available** |

***Nutrient Table***

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| Nutrient | Daily Lunch Requirement | Menu Week 1  5 | Menu Week 2  5 | Menu Week 3  5 | Menu Week 4  5 | Menu Week 5  2 |
|  |  | **Days in Week:** | **Days in Week:** | **Days in Week:** | **Days in Week:** | **Days in Week:** |
| Calories | 700 | 710.5 | 702.96 | 702.9 | 795.2 | 746.3 |
| % Carbohydrates from Calories | 45-55% | 48.7 | 50.3 | 53.3 | 51.6 | 50.4 |
| % Protein from Calories | 15-25% | 22.0 | 22.7 | 21.4 | 20.3 | 23.4 |
| % Fat from Calories | 25-35% | 29.3 | 26.9 | 25.4 | 27.5 | 26.3 |
| Saturated Fat | less than 8g | 7.6 | 7.9 | 6.2 | 7.7 | 6.7 |
| Fiber | 10g | 12.8 | 10.8 | 12.1 | 11.1 | 11.7 |
| Vitamin B-12 | .8ug | 2.5 | 2.3 | 1.5 | 2.7 | 2.3 |
| Vitamin A | 300ug RAE | 579.7 | 429.2 | 505.4 | 600.1 | 888.9 |
| Vitamin C | 30mg | 86.8 | 31.9 | 91.3 | 73.4 | 94.5 |
| Iron | 2.6mg | 5.7 | 4.9 | 4.7 | 5.9 | 4.7 |
| Calcium | 400mg | 490.8 | 515.6 | 457.4 | 519.1 | 512.6 |
| Sodium | less than 766mg | 755.0 | 745.2 | 763.7 | 760.4 | 763.5 |

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