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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 peppers1 8 in Tortilla1 oz Salsa1 Banana | **TUESDAY May 2, 2023**Red Chile Enchiladas(3oz Ground Beef, 1oz Cheese, 1oz Red Chile, 2 Corn Tortillas)1/2c LS Refried Beans1c Calabacitas1/2c 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 Onions1c Sliced Pears | **THURSDAY May 4, 2023**Tamale(3 oz. Pork, 2oz. Red Chile, 2 oz. Masa)1/2c LS Pinto Beans1/2c Spanish Slaw1 Orange | **FRIDAY May 5, 2023** Tuna Salad Sandwich(1/2c Tuna Salad, 1 Whole Wheat Bun)1/2c Lettuce and Tomato Slice1c 5-way Veggie Blend w/ 1 tsp margarine1 oz. Sun Chips1 Peanut butter Cookie |
| **MONDAY May 8, 2023**4 oz. Sweet & Sour Chicken1c Steamed Brown Rice1c Stir Fry Vegetables1 sl. WW Bread w/ 1 tsp. Margarine1/2 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 Salsa1/2c LS Spanish Rice1/2c LS black beans w/ green and red bell peppers1c 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 margarine1c Mixed Fruit | **THURSDAY May 11, 2023**Sausage and Mushroom Ragu (3oz Turkey Sausage, 3 oz. Mushrooms, 1/4c NAS Marinara Sauce)1/2c Penne Pasta1c Italian Blend Vegetable1 Garlic Roll1/2c 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 Carrots1c 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 Pasta1c 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 & Onions10 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/Bananasw/ 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 Sauce1/2c Potato and Vegetables)1c Tossed Salad w/ 2 TBSP Light Italian Dressing 6 LS WW Crackers1c Fruit Salad | **TUESDAY May 23, 2023**3 oz. LS Braised Pork chops3/4c Red Cabbage w 1/4c Red onions1/2c LS Roasted Potatoes1 Biscuit /w 1 tsp. Margarine & 1T Honey1 Banana | **WEDNESDAY May 24, 2023**Pasta w/ Meat sauce 1/2c Elbow Macaroni w/ 5oz. Meat Sauce1c Italian Blend Vegetables1 sl. WW Bread w/1 tsp Margarine1/2c Fruit Cocktail  | **THURSDAY May 25, 2023**1c Tossed Salad w/ 2 TBSP light Italian Dressing4 oz. Baked chicken 2oz LS Gravy1/2c LS Rice Pilaf1c Country Vegetables1slice wheat bread w/ 1 tsp margarine1/2c LF Chocolate pudding | **FRIDAY May 26, 2023**Cheeseburger(3 oz. Beef Patty, 1oz Cheese, 1Bun, 1/4c Saut eed Onions, 1/2cLettuce& 2 slices Tomato)1/2c Potato Salad3/4c Roasted Brussel Sprouts 1 tsp Mustard / 1T Ketchup1 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 margarine1/2c Fruit Compote (Strawberries, canned peaches) | **WEDNESDAY May 31, 2023**Sloppy Joe Sandwich(3 oz. Beef,1oz Sauce, 1 Bun, 1/2cpeppers and onion)3/4c LS Roasted Zucchini1/2c 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 15 | Menu Week 25 | Menu Week 35 | Menu Week 45 | Menu Week 52 |
|  |  | **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