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| All Meals Served With 8oz 1% Milk as available  |  |  |  | FRIDAY 1, 2023SLOPPY JOE(3oz Ground Beef, 1 wheat bun, 1oz sauce, 1/2c Peppers and onions)1/2c potato wedges1/2c Carrots w/ 1 tsp margarineOrange  |
| MONDAY 4, 2023BBQ CHICKEN(3oz Drumstick, 2 TBSP BBQ sauce)1/2c LS Potato Salad1/2c Cucumber and tomato salad (non-creamy)WW Roll1c Tropical Fruit Salad  | TUESDAY 5, 2023BEEF TIPS W/EGG NOODLES(3oz Beef,2oz LS Sauce, 1/2 c Egg noodles)1/2c Mushrooms1/2c peas and carrots 1sl Wheat Bread w/ 1 tsp margarine1c Grapes  | WEDNESDAY 6, 2023VEGETABLE STIR FRY(1c Stir Fry Vegetables, 1/2 chow mein noodles, 1/3c unsalted peanuts, 1 tsp sesame seeds,1oz Reduced Sodium teriyaki sauce)1/2c Oriental Cabbage1c Light low fat Yogurt1 Fortune Cookie | THURSDAY 7, 2023BEEF TACOS(3oz Beef, 1/2c lettuce and tomato, 1 6in flour tortilla. .5oz shredded cheese)1/2c LS Spanish Rice1/2c Zucchini 1/2c LS Pinto Beans1 Churro | FRIDAY 8, 2023GLAZED PORK CHOP3oz Pork Chop. 1 tsp honey glaze1/2c Parslied Potatoes1c California blend Vegetables w/ 1 tsp margarine1-Wheat roll w/ 1 tsp margarine1/2c Apricots |
| MONDAY 11, 2023 OPEN FACE TURKEY SANDWICH(2oz sliced LS Turkey breast, 1sl WW bread, 2oz LS turkey gravy)1/4c Cranberry Sauce1c Vegetable Medley w/ 1 tsp unsalted butter **1/3c Herb Roasted Red Potatoes**1c cantaloupe1/2c low fat vanilla yogurt | TUESDAY 12, 2023RED CHILE W/ PORK MEAT (3oz Pork meat, 2oz Red Chile)1 6in flour tortilla1/2c LS Pinto Beans1c Capri Vegetables w/ 1 tsp unsalted butter 1/2c peaches | WEDNESDAY 13, 2023BEEF AND BROCCOLI(3oz beef 1/2c Broccoli, 2oz LS Sauce)1/2c snow peas 1/2c Brown Rice1 Vegetable egg rol3/4c Mandarin Oranges | THURSDAY 14, 2023CHICKEN WRAP(1 6” tortilla, Cheese, 3oz Chicken Strips, 2SL tomato, 1/2c shredded lettuce)1/2c Carrot and Raisin Salad1/2c Winter Blend vegetables w/ 1tsp unsalted butter 1/2c Berries (not strawberries) | FRIDAY 15, 2023GRILLED SALMON(4oz Salmon Filet w/ LS Lemon Pepper)2 TBSP Tartar Sauce1/2c Roasted Asparagus1/2c LS Brown Rice Pilaf1/2c Sweet Potatoesbanana |
| MONDAY 18, 2023STUFFED PEPPERS(1 Bell Pepper, 3 oz. Beef, 1/4c Rice)1c Chateau blend vegetables w/ 1 tsp unsalted butter 1 wheat roll w/1 tsp. uinsalted butter3/4c Mixed Fruit | TUESDAY 19, 2023HARVEST CHICKEN(3oz Diced Chicken, 1/4c Sweet Potatoes, 1/4c Brussel Sprouts, 3/4c wild Rice, 1 tsp dried Cranberries, 1/8c Almond Slivers)1c Tossed Salad w/ 2 TBSP FF Ranch Dressing1/2c Pineapples  | WEDNESDAY 20, 2023CHRISTMAS DINNER(2 oz. Low Sodium Glazed Ham, 2 oz LS Turkey)1/2c Rosemary Roasted Baby Bakers1/2c Carrots w/ 1 tsp unsalted butter WW Roll w/1 tsp unsalted butter 1c Fruit Salad1 slice SF Angel Food Cake w/ 2 TBSP whipped topping | THURSDAY 21, 2023BEAN AND CHEESE BURRITO(3/4c LS refried pinto beans, .5oz cheese, 8” WW flour tortilla) 2 TBSP Salsa1c Roasted zucchini and Bell peppers1/2c Garden salad w/ 1 tbsp FF Italian dressing1c watermelon | FRIDAY 22, 2023POSOLE(3 oz. Pork. 1/4c Red Chile, 1/2c Hominy)1c Garden Blend Vegetables w/ 1 tsp unsalted butter 6 LS WW Crackers w/ 1 tsp unsalted butter 1/2c Diced Mango |
| Monday 25,2023CLOSED | Tuesday 26, 2023CLOSED | Wednesday 27, 2023BALSAMIC GLAZED CHICKEN(3oz Chicken breast, .5oz Glaze)1/2c Lemon Herb Orzo1/2c Spinach w/ 1/2c Mushrooms WW Roll w 1 tsp unsalted butterFresh Pear | Thursday 28, 20231 c LS LF POTATO SOUP(1/2c Potatoes, 1/8c carrots,1oz reduced sodium Bacon, 1/8c leeks, 1 oz Green Onions, 2oz LS Vegetable Broth)1c Garden Salad W/ 2 TBSP FF Italain Dressing3/4c Black Bean Salad(1/2c Blacke beans/ 1/4c Corn)Wheat roll w/ 1 tsp margarine1/2c Cinnamon Apple Sauce | Friday 29, 2023TURKEY POT PIE 8oz portion(3oz Diced turkey, 1oz Crust, 1oz potatoes, 1oz carrots, 1oz peas, 1oz sauce)1/2c Green Beans w/ 1 tsp margarine w/ ¼ c sauteed onions1c Mandarin oranges |

***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:****5** | **Days in Week:****3** |
| Calories | 700 or more | 763.3 | 770.9 | 736.8 | 714.0 | 708.1 |
| % Carbohydrates from Calories | 45-55% | 48.1 | 48.4 | 49.9 | 53.6 | 48.1 |
| % Protein from Calories | 15-25% | 24.9 | 19.9 | 24.5 | 21.3 | 22.0 |
| % Fat from Calories | 25-35% | 27.0 | 31.7 | 25.6 | 25.1 | 29.9 |
| Saturated Fat | less than 8g | 7.6 | 8.0 | 6.6 | 8.0 | 7.5 |
| Fiber | 10g or more | 12.6 | 10.1 | 11.2 | 10.5 | 12.0 |
| Vitamin B-12 | .8ug or more | 3.8 | 2.5 | 1.9 | 1.8 | 1.6 |
| Vitamin A | 300ug RAE or more | 859.8 | 371.5 | 896.1 | 575.4 | 737.3 |
| Vitamin C | 30mg or more | 128.0 | 34.3 | 44.5 | 79.2 | 72.5 |
| Iron | 2.6mg or more | 6.2 | 5.2 | 4.6 | 4.4 | 5.3 |
| Calcium | 400mg or more | 498.5 | 495.5 | 473.2 | 431.7 | 463.2 |
| Sodium | less than 766mg | 717.9 | 603.4 | 755.9 | 700.0 | 766.4 |

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