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| **MONDAY MAY 1**Chicken Pot Pie(3oz Chicken, 1/2c Mixed Vegetables, 1oz Crust)1 c Tossed Salad w/ 2 TBSP Light Italian DressingWW roll w/ 1 tsp margarin1/2c Peaches | **TUESAY MAY 2** 3oz LS Lemon Pepper Fish1oz Tartar sauce1/2c Wild Rice1c California Blend Vegetables1/2c Canned Pears | **WEDNESDAY MAY 3** 3oz Meatloaf1/2c Mashed Potatoes, w/ 2oz LS Gravy1/2c Spinach w/ 1/4c Mushrooms w/ 1 tsp margarineWW Roll w/1 tsp margarine1/2c Apple slices | **THURSDAY MAY 4** 5oz Teriyaki Chicken(3oz Chicken, 2oz Sauce)1c Stir Fry Vegetables1/2c Brown Rice1 Fortune CookieVegetable Eggroll1/2c Pineapple Tidbits | **FRIDAY MAY 5** Turkey and cheese Wrap(2oz LS Turkey, 1oz Swiss Cheese, , 1/2c Lettuce, 2 slices tomato, 1 8 in WW Tortilla)1oz Sun Chips1/2c Cucumber and Tomato Salad1/2c Glazed Carrots and parsnips 4oz Nonfat Vanilla Greek Yogurt1/2c Strawberries  |
| **MONDAY MAY 8**  1 3/4c Mediterranean Chickpea Salad(3/4c LS Garbanzo Beans, 1/2c Bell peppers, cucumbers, .5oz Feta Cheese, 1c mixed Greens)1 TBSP Balsamic DressingGarlic Knot3/4c Fruit Salad | **TUESDAY MAY 9** BBQ Pulled Pork Sandwich(1bun, 4oz LS Diced Pork, 2oz LS Barbecue Sauce)1c Coleslaw w/ 2 TBSP Dressing1/2c Green Beans10 No added Salt Baked French Fries1c Watermelon | **WEDNESDAY MAY 10** Beef Soft Tacos(3oz Beef, 1 6in Flour Tortilla, ½ c lettuce and tomato, 1oz Salsa, .5 oz Cheese)1/2c LS Pinto Beans1c Capri vegetables1 Peanut Butter Cookie | **THURSDAY MAY 11** Chicken Alfredo(3oz Chicken, 1oz Light Alfredo Sauce, 1/2c Fettuccine)1/2c Broccoli1/2c LS Stewed Tomatoes1 Garlic Knot1/2c LF Lemon Pudding | **FRIDAY MAY 12** 3oz Beef Tips w/ 2 oz LS Gravy1/2c Brown Rice3/4c Roasted Brussel Sprouts1c Tossed Salad w/ 2 TBSP Light Italian Dressing1/2c Berry Cobbler |
| **MONDAY MAY 15**Spaghetti w/ meats sauce(1/2c Spaghetti, 5oz meat sauce (3oz meat, 2oz No added salt Marinara sauce)1c Tossed Salad w/ 2 TBSP Light Italian Dressing3/4cc Italian Blend Vegetables Garlic Knot1/2c Spiced Peaches | **TUESDAY MAY 16**3oz Oven Baked Chicken1/2c Quinoa1/2c Oven Roasted Zucchini1/2c Roasted Beets and Carrots1c Strawberries and banana | **WEDNESDAY MAY 17**3oz Pork Roast1/2c Rosemary Baked Potatoes1/2c Roasted Tomatoes1c Tossed Salad w/ 2 TBSP Light Italian DressingCornbread1c Plums | **THURSDAY MAY 18**Green Chile Cheeseburger(1bun, 1oz GC, 1 patty, 1oz Cheese, 1/2c lettuce, 2 slices tomato, 1 slice onion)12 Tater Tots1/2c Celery Sticks8 Baby Carrots1/2c SF gelatin | **FRIDAY MAY 19**5oz Orange Chicken(2oz Sauce, 3oz Chicken)1/2c Brown Rice1c Stir Fry Vegetables1 Fortune Cookie1 Vegetable egg roll1/2c mandarin oranges |
| **MONDAY MAY 22**Veggie Pizza(1oz Crust, 1oz NAS Marinara Sauce, .5oz Cheese, 1/4c peppers and Onion, 2 slices tomato, 1oz GC)1c Tossed Salad w/ 2 TBSP Italian Dressing w/ 3/4c Garbanzo Beans1 Garlic Knot1/2c Kiwi  | **TUESDAY MAY 23**6oz Green Chile Chicken Enchiladas(3oz Chicken, 2 corn tortilla, 1oz GC, 1oz Cheese, 1/2c Lettuce and tomato)1c Calabacitas1/2c Fruit cocktail  | **WEDNESDAY MAY 24**Stuffed Bell Pepper(1 pepper, 3oz ground beef, ¼ c Rice)1c Kale salad 1/2c Roasted Cauliflower WW roll1 Fresh apple | **THURSDAY MAY 25**Chicken Salad Sandwich(2oz Slices Wheat bread, 3oz Chicken, 1/2c Lettuce, 2 slices tomato)3/4c LS Vegetable Soup1oz Sun Chips3/4 c Honeydew | **FRIDAY MAY 26**3oz LS Roasted Chili Lime Cod1/2c LS rice pilaf1/2c Vegetable Medley1c Coleslaw w/ 2 TBSP DressingWW Roll1/2c Diced Mango |
| **MONDAY MAY 29** **CLOSED**  | **TUESDAY MAY 30** Chicken Soft Taco(4oz Chicken, 1 6in Flour Tortilla, 1/2c Lettuce and tomato, 1oz Cheese, 1oz Salsa)1/2c LS Ranch Beans1c Roasted Broccoli w/ Red Pepper Strips 1c Tossed salad w/ TBSP Light Italian Dressing1c Grapes | **WEDNESDAY MAY 31** 6oz Red Chile Beef Enchiladas(2 corn tortilla, 3oz Ground beef, 1oz Cheese, 1/2c Lettuce and tomato)1c Spring Vegetable Sautee (yellow squash, carrots red bell pepper, peas and red onion)1/2c Pineapple and 1/2c 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:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****2** |
| Calories | 700 or more | 704.9 | 728.0 | 744.2 | 701.2 | 742.1 |
| % Carbohydrates from Calories | 45-55% | 50.5 | 51.9 | 48.7 | 48.5 | 49.8 |
| % Protein from Calories | 15-25% | 26.7 | 21.5 | 23.8 | 22.4 | 22.9 |
| % Fat from Calories | 25-35% | 22.8 | 26.8 | 27.5 | 29.1 | 27.2 |
| Saturated Fat | less than 8g | 6.1 | 7.8 | 7.0 | 6.4 | 7.8 |
| Fiber | 10g or more | 10.3 | 10.0 | 10.2 | 11.3 | 15.5 |
| Vitamin B-12 | .8ug or more | 2.0 | 1.9 | 2.4 | 1.9 | 2.0 |
| Vitamin A | 300ug RAE or more | 689.1 | 383.0 | 734.7 | 374.8 | 1293.1 |
| Vitamin C | 30mg or more | 59.8 | 60.4 | 70.7 | 83.6 | 167.2 |
| Iron | 2.6mg or more | 4.6 | 5.4 | 5.6 | 4.8 | 6.1 |
| Calcium | 400mg or more | 533.2 | 534.2 | 498.2 | 519.8 | 615.5 |
| Sodium | less than 766mg | 744.6 | 728.7 | 737.6 | 621.5 | 758.3 |

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