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| **MONDAY 2, 2022**  **CHICKEN FETTUCINI W/ALFREDO SAUCE**  **(3oz Chicken, 1 oz Light Alfredo Sauce, 1/2c Fettuccine**  **½ BROCCOLI**  **1/2c Tossed Salad w/ 1 TBSP Light Dressing**  **1/2sl GARLIC BREAD**  **LEMON BARS** | **TUESDAY 3, 2022**  **3oz SALISBURRY STEAK**  **1/2c MASHED POTATOES**  **2oz LS GRAVY**  **1/2c Mushrooms**  **1/2c GARDEN SALAD w/ 1 TBSP Light Dressing**  **Wheat roll**  **1/2c Baked Apple Slices** | **WEDNESDAY 4, 2022**  **CHILE RELLENO**  **(1 pepper, 1oz Crust, 1oz Cheese)**  **2oz LS GREEN CHILE SAUCE**  **1/2c Lettuce and tomato**  **1/2c Cilantro-Lime Brown Rice**  **1/2c LS Pinto Beans**  **1 c Capri Vegetables**  **2oz Spice Cake**  **1/2c Diced Mango** | **THURSDAY 5, 2022**  **PORK CHOP**  **4oz SCALLOPED POTATOES**  **1/2c MIXED VEGGIES**  **Wheat ROLL**  **1c Grapes** | **FRIDAY 6, 2022**  **3oz OVEN FRIED CHICKEN**  **1/2c COLESLAW w/ 2 TBSP Dressing**  **¾ c LS RANCH STYLE BEANS**  **2oz Cornbread**  **1/2c Peaches in SF Peach Cobbler** |
| **MONDAY 9, 2022**  **1% Milk**  **3/4c BEEF MACARONI**  **(3oz Beef, 1/2c Macaroni)**  **1/2c GARDEN SALAD w/ 1 TBSP LF dressing**  **1/2c Mixed Berries w 2 TBSP FF Cool whip**  **1/2c Tomato and Onion salad**  **6 LS WW CRACKERS** | **TUESDAY 10, 2022**  **1% Milk**  **2oz Light Kielbasa SAUSAGE**  **1c Braised Rd Cabbage w/ potatoes/onions**  **1/2c Cucumber Salad w/ 1/3 c Unsalted Pistachios**  **Wheat Roll**  **1/2c Gelatin** | **WEDNESDAY 11, 2022**  **1% Milk**  **GREEN CHILE BURGERS**  **(3oz Beef Patty, 1oz GC, .5 oz Cheese, 1 bun)**  **1/2c LETUCE,**  **2 sl. TOMATOE,**  **2sl. PICKLE &**  **1slice ONION**  **1/2c NAS FRENCH FRIES**  **1/2 c Prince Edward Vegetables**  **2oz White Cake w/ 1/2c Sweet Cherries** | **THURSDAY 12, 2022**  **1% Milk**  **PULLED PORK SANDWICH**  **(3oz LS Pork, 1 oz LS Barbecue Sauce, 1 Bun)**  **1/2c Sweet Poato fries**  **1/2c Collard Greens w/ Garlic**  **1/2c Apple in Apple COBBLER** | **FRIDAY 13, 2022**  **1% Milk**  **3oz Liver and 1/2c Onions**  **1/2c MASHED POTATOES w/ 2oz LS Gravy**  **1/2c PEAS & CARROTS**  **1c Tropical Fruit Salad**  **Wheat roll** |
| **MONDAY 16, 2022**  **3oz Fried Steak**  **1oz LS Country GRAVY**  **1/2c Cauliflower Mashed potatoes**  **1/2c Chuckwagon corn**  **1/2c LF chocolate PUDDING**  **Cornbread** | **TUESDAY 17, 2022**  **CHEESE RAVIOLI**  **MEAT SAUCE**  **(1/2c Ravioli, 4oz LS Meat Sauce)**  **1/2c GARDEN SALAD w 1 TSP LF Dressing**  **1/2c Roasted Beets**  **1c CANTALOUPE** | **WEDNESDAY 18, 2022**  **RED CHILE BEEF ENCHILADAS**  **(2 corn totillaas,1 oz Cheese, 3oz Beef, 2oz Red chile sauce)**  **1/2c Lettuce and tomato**  **1c Zucchini/yellow Squash**  **1c Black beans w/ brown rice**  **1/2c Apricots** | **THURSDAY 19, 2022**  **3oz LS BAKED SALMON**  **1/2c ROASTED ROSEMARY POTATOES**  **1/2c GARDEN SALAD w/ 1 TBSP Salad Dressing**  **2 Grilled Pineapple slices**  **½ sl. yellow cake (no frosting)** | **FRIDAY 20, 2022**  **3oz**  **CHICKEN FAJITAS**  **1/2c LS BEANS**  **1oz GUACAMOLE**  **2 TBSP SALSA**  **TORTILLA**  **1/2c Peppers & Onions**  **1c Strawberries** |
| **MONDAY 23, 2022**  **3oz CHICKEN breast w/ 1/4c Mushrooms**  **1/2c MASHED POTATOES w/ 1 oz LS Country Gravy**  **1/2c GREEN BEANS**  **1/2c CINNAMON APPLES**  **Whole Wheat Roll** | **TUESDAY 24, 2022**  **1% Milk**  **6 oz CHILE CHICKEN ENCHILADAS**  **3/4c Cilantro lime rice**  **1c LS Refried BEANS**  **1/2c Spinach salad**  **FRUIT** | **WEDNESDAY 25, 2022**  **1% Milk**  **6 oz LASAGNA**  **1/2c GARDEN SALAD w/ 1 TBSP LF Dressing**  **1/2c Asparagus**  **GARLIC BREAD**  **1/2c BANANA in 1/2c LF Vanilla PUDDING** | **THURSDAY 26, 2022**  **1% Milk**  **FRITO PIES W/RED CHILE MEAT SAUCE**  **(1oz Lightly Salted Fritos, 3 oz ground meat, 2oz Red Chile Sauce)**  **1/2c Lettuce, 2 slices tomato,**  **1c California Vegetables**  **1/2c Spiced Peaches** | **FRIDAY 27, 2022**  **1% Milk**  **COLD CUT SANDWICHES ON CROISSANT**  **LETTUCE, TOMAOTA, ONION**  **(2 slices Light Wheat bread, 1/2c Lettuce, 2 slices tomato, 1 slice onion, 1oz low sodium ham, 1oz Turkey, 1oz Swiss Cheese)**  **1/2 c Cucumber salad**  **1/2c**  **1os Lightly salted potato CHIPS**  **1/2c Three Bean salad** |
| **MONDAY 30, 2022**  **1% Milk**  **BEEF TACOS**  **(2 corn tortillas, 3oz Ground Beef, 1/2c Lettuce, 2 slices of tomato .5oz Cheese ,**  **2 TBSP SALSA**  **1c Provence Vegetables w/ 1tsp margarine**  **1/2c LS Spanish RICE**  **1/2c FF Raspberry Sorbet w/ 1/2c Raspberries** | **TUESDAY 31, 2022**  **CLOSED IN OBSERVANCE OF MEMORIAL DAY** |  |  | **All Meals Served With 8 oz.**  **2% Low-Fat Milk**  **MENU SUBJECT TO CHANGE** |

***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:**  **1** |
| Calories | 700 or more | 739.2 | 794.2 | 716.1 | 702.1 | 725.5 |
| % Carbohydrates from Calories | 45-55% | 51.3 | 54.4 | 48.7 | 48.1 | 54.9 |
| % Protein from Calories | 15-25% | 19.8 | 18.0 | 21.6 | 22.5 | 19.4 |
| % Fat from Calories | 25-35% | 29.0 | 27.7 | 29.7 | 29.4 | 25.6 |
| Saturated Fat | less than 8g | 8.0 | 8.0 | 7.9 | 8.0 | 7.5 |
| Fiber | 10g or more | 10.0 | 10.2 | 10.3 | 11.1 | 16.4 |
| Vitamin B-12 | .8ug or more | 2.0 | 15.4 | 3.2 | 1.9 | 2.8 |
| Vitamin A | 300ug RAE or more | 516.6 | 1975.2 | 532.5 | 480.7 | 618.4 |
| Vitamin C | 30mg or more | 70.3 | 36.3 | 69.5 | 33.7 | 78.9 |
| Iron | 2.6mg or more | 4.5 | 6.2 | 4.3 | 5.0 | 5.4 |
| Calcium | 400mg or more | 503.9 | 534.6 | 491.4 | 588.2 | 562.8 |
| Sodium | less than 766mg | 572.0 | 758.8 | 644.2 | 742.5 | 544.3 |

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