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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