|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Light Italian dressing used in analysis unless otherwise indicated LS=Low SodiumNAS=no added saltSF=Sugar FreeLF=Low Fat1% Milk Used in Analysis unless other wise indicated  |  | **Wednesday 1, 2022****3 oz. LS Baked Cod-1tsp Lemon Pepper Mrs. Dash****1/2c Carrot Raisin Salad****1/2 med Baked Potato****1/2c Green Beans****1 sl. Cornbread w/ 1 tsp. Margarine****1/2c Peaches in Cobbler** |  **THURSDAY 2, 2022****GCC Hamburger****(3 oz. Beef, .5oz. Cheese, 1 Bun,** **1 oz. Green Chile)****1/2c Lettuce, 2 slices Tomato,** **1 slice Onions****10 NAS French Fries** **1/2c Roasted Brussel Sprouts****1/2c Mixed fruit**  | **FRIDAY 3, 2022****Sour Cream Enchiladas****(1oz. Cheese, 2 Corn tortillas,** **2 oz. Green Chile Sauce ,1T Sour Cream)****1c Lettuce & Tomato****1c Calabacitas****1/2c LS Pinto Beans****1/2c LS Spanish Rice****1/2c Fruit Cocktail** |
| **MONDAY 6, 2022****3 oz. Swiss Steak, 1oz Gravy****1/2c LS Rice Pilaf w/ 1/4 c Mushrooms****1/2c Peas W/Onions w/ 1 tsp margarine****1/2c LS stewed tomatoes****1c Baked Apple Slices**  | **TUESDAY 7, 2022****5oz. LS Braised Boneless Pork Chop** **W/2oz LS Gravy****1/2c Braised Red Cabbage w/1/4c red onions & 1 tsp margarine****1c Yams****1 WW Roll w/ 1 tsp. Margarine** | **Wednesday 8, 2022****Tamale****(3 oz. Pork, 2oz Red Chile,** **3 oz. Masa)****1c LS Pinto Beans w/1oz Green chile****1/2c Spanish Slaw** **1 6in Flour Tortilla****1c Pears** | **THURSDAY 9, 2022****Sloppy Joe****(3 oz. Beef, 1 oz. Sauce, 1 Bun)****1 slice onion****10 NAS French Fries****1c Chateau Blend vegetables w/ 1tsp margarine** **1c Mandarin Oranges** | **FRIDAY 10, 2022****8oz Chicken Tetrazzini****(3 oz. Chicken, 1oz. Sauce,** **1/2c Noodles)****1c Broccoli & Cauliflower w 1 tsp margarine****1/2 Banana****WW Roll w/1 tsp margarine**  |
| **MONDAY 13, 2022****Pepper Steak****(3 oz. Beef, 2oz Pepper & Onion)****1 med Baked Potato w/****1 tsp. Margarine****1c California Vegetables****1 WW Roll w/ 1 tsp. Margarine****1/2c Peaches in Crisp** | **TUESDAY 14, 2022****Beef Tacos****(3 oz. Beef, 1/2c Lettuce & Tomato, 1 6 in flour Tortillas)****1/2c LS Spanish Rice****1/2c LS Pinto Beans****1/2c Tapioca Pudding** | **Wednesday 15, 2022****3 oz. Salisbury Steak &** **2 oz. Low Sodium Gravy****1/2c Potatoes Au Gratin** **1/2c Beet and Onion Salad** **1 WW Roll w/ 1 tsp. Margarine****1/2c Plums** | **Thursday 16, 2021****Red Beef Enchilada****(2 oz. Beef, 1 oz. Cheese, 1 oz. Red Chile, 2 Corn Tortillas)****1/2c Lettuce & Tomato****1/2c LS Pinto Beans****1/2c LS Spanish Rice****1/2c Apricots** | **FRIDAY 17, 2022****2 oz. Corned Beef****1/2c Cabbage w/ 1/4c LS White Beans****1/2c Glazed Carrots****1 sl. WW Bread w/** **1 tsp. Margarine****1c Strawberries & Bananas** |
| **MONDAY 20, 2022****4 oz. Sweet N Sour Pork****(3oz Pork, 2oz Sauce)****1c Oriental Vegetables****1c White Rice****1/2c Mandarins Oranges** | **TUESDAY 21, 2022****3 oz Chicken Strip****2 oz Low Sodium Gravy****½ c Mashed Potatoes****1/2c Creamed Spinach** **1 Biscuit w/****½ c Fruit Cocktail** | **WEDNESDAY 22, 2022****Beef Fajitas****(3oz Beef, 1 oz Cheese,)** **½ c Lettuce & Tomatoes,** **1/2c Peppers and Onions**  **1 6 in Flour Tortilla****½ c LS Pinto Beans****1/2c Diced Mango**  | **Thursday 23, 2022****4 oz. BBQ Chicken Thigh****1c Country Vegetable Blend****1/2c LS Baked Beans****1 WW Roll w/** **1 tsp. Margarine****1/2c Peaches**  | **FRIDAY 24, 2022****4 oz. Beef Tips****1/2c Egg Noodles****1c Salad w/ 2T Low Fat Dressing****1/2c Peas & Carrots****1/2c Spiced Pears****1 Oatmeal Cookie** |
| **MONDAY 27, 2022****Beef Stroganoff****(3 oz. Beef, 2oz. Sauce,** **1/2c Noodles)****1c Capri Vegetables****1 WW Roll w/ 1 tsp. Margarine****1/2c berries in Cobbler** | **TUESDAY 28, 2022****4oz. Stuffed Pork Chop W/2oz LS Gravy****1/2c Parsley Potatoes****1/2c Green Beans****1 WW Roll w/ 1 tsp. Margarine****1/2c Tropical Fruit** | **Wednesday 29, 2022****6oz GC Chicken Enchilada****(3 oz. Chicken, 1oz. Green Chile,** **2 Corn Tortillas, 1/2c Lettuce and tomato)****1/2c Pinto Beans****1/2c Zucchini w/1/4c Diced Tomatoes****3/4c Fruit Compote**  | **Thursday 30,2022****4 oz. Spaghetti & 5 oz. Meat Sauce****(2oz NAS marinara Sauce)****1c Tossed Salad w/ 2 TBS Light Dressing** **1/2c Brussel Sprouts** **1 sl. Garlic Bread** **1/2c Applesauce** |  |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week: 3** | **Days in Week: 5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week: 4** |
| Calories | 700 | 818.0 | 700.1 | 708.2 | 715.9 | 737.0 |
| % Carbohydrates from Calories | 45-55% | 55.9 | 52.8 | 53.8 | 52.0 | 52.3 |
| % Protein from Calories | 15-25% | 18.7 | 22.2 | 20.9 | 21.8 | 22.4 |
| % Fat from Calories | 25-35% | 25.4 | 25.0 | 25.2 | 26.2 | 25.4 |
| Saturated Fat | less than 8g | 8.0 | 6.2 | 6.4 | 7.0 | 7.0 |
| Fiber | 10g | 13.7 | 12.4 | 12.0 | 10.0 | 10.5 |
| Vitamin B-12 | .8ug | 2.6 | 2.0 | 2.4 | 2.2 | 2.2 |
| Vitamin A | 300ug RAE | 615.1 | 442.9 | 566.7 | 444.1 | 387.8 |
| Vitamin C | 30mg | 67.7 | 68.7 | 36.6 | 37.4 | 50.7 |
| Iron | 2.6mg | 5.4 | 4.7 | 5.6 | 4.3 | 5.3 |
| Calcium | 400mg | 641.4 | 471.7 | 500.6 | 526.1 | 481.9 |
| Sodium | less than 766mg | 631.0 | 766.6 | 735.0 | 648.7 | 760.5 |

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