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| --- | --- | --- | --- | --- |
| **DINE IN LUNCH**  **11:00 AM TO 1:00 PM** | **8 oz-1% Milk Served With Meals** | **Wednesday 1, 2023**  **3 oz. Lamb Roast**  **1/3c Fried Potato w/Onions**  **1/2c Pea Salad**  **1c Tossed Salad w/**  **2T FF Ranch Dressing**  **1 6 in Flour Tortilla**  **1/2c Spiced Peaches** | **Thursday 2, 2023**  **8 oz LS Chicken Noodle Soup**  **(3 oz. Chicken, 1 oz. LS Broth 1/4c Vegetables,**  **1/2c Noodles)**  **6 LS WW Crackers**  **1c Tossed Salad w/**  **2T FF Italian Dressing**  **1 Pear** | **Friday 3, 2023**  **4 oz. Baked Fish**  **1/2c LS Brown Rice Pilaf**  **1c Coleslaw w 2 TBSP Dressing**  **1/2c Brussel Sprout**  **1c Tropical Fruit Salad** |
| **Monday 6, 2023**  **1c Baked Macaroni & Cheese**  **(1oz. Cheese, 1/2c Macaroni)**  **1/2c broccoli**  **1c Tossed salad w/ 2 TBSP FF Ranch w/ 1 HB Egg**  **1/2c Apple slices**  **1/2c Greek nonfat vanilla yogurt** | **Tuesday 7, 2023**  **3 oz. Lean Chicken Fried Steak**  **1/2c LS Mashed Potato w/**  **1oz. Low Sodium Country Gravy**  **1c Spinach w/mushrooms**  **1 WW breadl w/ 1 tsp unsalted butter**  **1c Fruit Salad** | **Wednesday 8, 2023**  **BBQ Pork Sandwich**  **(3 oz. Pork, 1 oz. BBQ Sauce,**  **1 WW Bun)**  **3/4c NAS Baked Beans**  **1/2c Red Cabbage slaw**  **1c Pineapple & mandarin oranges** | **Thursday 9, 2023**  **8oz Beef Barley Soup**  **(3 oz. Beef, 1 oz. Sauce,**  **1/4c Barley)**  **1 sl. Wheat bread**  **1c Chateau Blend Vegetables w 1 tsp margarine**  **1/2c Fruit Cocktail** | **Friday 10, 2023**  **VERTERAN’S DAY**  **SENIOR CENTER**  **CLOSED** |
| **Monday 13, 2023**  **Meatball Sandwich**  **(3 oz. turkey meatballs , .5oz. Mozz. Cheese,**  **1 oz.NAS Sauce, 1 Bun, 1/2c pepper and onions)**  **8 Carrot Stix**  **1/2c Tomato and Cucumber Salad**  **1 oz. Sun Chips**  **Oatmeal cookie** | **Tuesday 14, 2023**  **2 oz. Low Sodium Baked Ham**  **1/2c Sweet Potato w/ 1 tsp unsalted butter\, 1 tsp chives**  **1c Winter Blend**  **1 WW Roll w/ 1 tsp mararine**  **1 Banana**  **5oz Nonfat Greek vanilla yogurt** | **Wednesday 15, 2023**  **8oz Chicken and Dumpling**  **(3 oz. Chicken, 1 oz. Sauce,**  **1/2c Dumplings)**  **1/2c spinach w/ 1 tsp margarine**  **3/4c Roasted Zucchini**  **1/2c Mandarin Oranges** | **Thursday 16, 2023**  **8oz Shepherd’s Pie**  **(3 oz. Beef, 1 oz. Sauce, 1/4c Mixed Vegetables,1/4c Potatoes)**  **1c Tossed Salad w/ 2 TBSP Fat free ranch Dressing**  **1/2c Beets w/Onions**  **1 Sl. WW Bread w/ 1 tsp. Margarine**  **1c pineapple** | **Friday 17, 2023**  **8oz Green Chile Stew**  **(3 oz. Pork, 1/4c Green Chile, 1/2c Potato & Onion)**  **1/2c LS Three Bean Salad**  **1/2c Yellow Squash we/ 1 tsp margarine**  **1 6 I WW Flour Tortilla**  **1/2c LF Lemon Pudding**  **1c Grapes** |
| **Monday 20, 2023**  **Tuna Sandwich**  **(1/2c Tuna Salad, 1/2c Lettuce & 1 slice Tomato, 2 sl. Wheat Bread)**  **1/2c Zucchini w/ tomatoes**  **1c Pasta Salad w/ Veggies**  **(1/2c Pasta, 1/2 Veggies)**  **1/2c Orange slices w/ 1 tsp Cinnamon** | **Tuesday 21, 2023**  **8oz Pepper Steak**  **(3oz Pepper steak, 1/2c Peppers and Onions, 1 oz Sauce)**  **1/2 c. Brown Rice**  **1c Asian Vegetables**  **1 WW Roll w/ 1 tsp Margarine**  **1/2c. Plums** | **Wednesday 22, 2023**  **3 oz. Turkey w/**  **1/4c Stuffing**  **1/2c LS Mashed Potato w/**  **2 oz. Low Sodium Gravy**  **1/2c Green Beans**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Cranberry Sauce**  **1 sl. Pumpkin Cake w/ icing** | **Thursday 23, 2023**  **SENIOR CENTER CLOSED**  **THANKSGIVING HOLIDAY** | **Friday 24, 2023**  **SENIOR CENTER CLOSED**  **THANKSGIVING HOLIDAY** |
| **Monday 27, 2023**  **Beef Stew**  **(3 oz. Beef, 1 oz. Sauce,**  **1/2c Potato & Carrot)**  **1c Tossed Salad w/**  **2T FF Ranch Dressing**  **1 Biscuit w/ 1 tsp. Margarine**  **1 Fresh Pear** | **Tuesday 28, 2023**  **3 oz. Chicken Nuggets**  **1/3c Herb Roasted Red Potatoes**  **1c Caribbean blend**  **1 slice wheat bread w/ 1 tsp margarine**  **1c Strawberries w/2 TBSP FF Whipped topping** | **Wednesday 29, 2023**  **Open Face Chile Burger**  **(3 oz Beef, 1/4c Green Chile,**  **.5oz. Cheese, ½ Bun)**  **1/2c NAS Baked Potato Wedges**  **1/2c LS LF Broccoli Salad**  **1/2c Apples Crisp** | **Thursday 30, 2023**  **Stuffed Peppers**  **(3 oz. Bell Pepper, 3 oz. Beef,**  **1/4c Rice)**  **1/2c Peas w/ ¼ mushrooms**  **1 Bread Stix w/**  **1 tsp. Margarine**  **3/4c Mixed Fruit** | **Occasionally We Must**  **Substitute Food Items**  **We Are Sorry For The**  **Inconvenience** |

***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:**  **3** | **Days in Week:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **3** | **Days in Week:**  **4** |
| Calories | 700 or more | 703.4 | 702.6 | 730.2 | 828.0 | 726.8 |
| % Carbohydrates from Calories | 45-55% | 52.8 | 49.3 | 49.7 | 52.9 | 47.6 |
| % Protein from Calories | 15-25% | 18.5 | 21.1 | 21.3 | 20.3 | 19.9 |
| % Fat from Calories | 25-35% | 29.7 | 29.5 | 29.0 | 26.8 | 32.5 |
| Saturated Fat | less than 8g | 7.3 | 8.0 | 7.3 | 7.1 | 8.0 |
| Fiber | 10g or more | 10.0 | 11.0 | 10.0 | 11.0 | 10.1 |
| Vitamin B-12 | .8ug or more | 2.3 | 2.3 | 2.2 | 3.4 | 3.0 |
| Vitamin A | 300ug RAE or more | 575.4 | 628.0 | 643.1 | 429.1 | 531.4 |
| Vitamin C | 30mg or more | 59.7 | 73.8 | 60.9 | 56.7 | 68.7 |
| Iron | 2.6mg or more | 4.0 | 5.0 | 5.5 | 5.6 | 5.1 |
| Calcium | 400mg or more | 466.3 | 691.4 | 496.7 | 4655 | 440.7 |
| Sodium | less than 766mg | 759.5 | 760.6 | 753.0 | 749.6 | 754.7 |

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