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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