|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  | THURSDAY 1, 20233oz Baked Chicken4oz Mushroom Cream Sauce3/4c LS Wild Rice w/ 1 tsp margarine1/2c Steamed SpinachWheat Roll w/ 1 tsp margarine3/4c Mandarin oranges1/2c LF Chocolate Pudding | FRIDAY 2, 20231/2c Coleslaw w/ 1 TBSP Dressing3oz LS Mrs. Dash Garlic Herb Cod1 baked potato w/ 1 tsp margarine w/ 1 TBSP Chives3/4c Brussels Sprouts w/ 1 tsp margarineWheat Roll w/ 1 tsp margarine3/4c Mixed Fruit  |
| MONDAY 5, 2023Breaded Chicken Sandwich(3oz Chicken, 1 bun, 1/2c lettuce, 2 slices tomato)1/2c LS LF Broccoli Salad1/2c Carrots Sticks1 orange | TUESDAY 6, 2023Spaghetti withMeaty Marinara Sauce(1/2c Spaghetti, 5oz Meat sauce (3oz meat, 2oz NAS Marinara Sauce)3/4c Italian Veggies1c Garden Salad w/ 2 TBSP light Italian Dressing1 Bread StickFresh Apple | WEDNESDAY 7, 2023Pork Rib Sandwich(3oz Lean boneless country style ribs, 1 hot dog bun)1/2c LS Ranch Beans1/2c Green Beans1c Coleslaw w/ 2 TBSP dressing1c Watermelon | THURSDAY 8, 20234oz Chicken Salad1/2c Cold Peas1/2c LS Stewed Tomatoes6 LS WW Crackers1/2c Banana in 1/2c SF Gelatin | FRIDAY 9, 2023Frito Pie(3oz Beef, 2oz RC, 1/2c Lettuce and tomato)1/2c LS Pinto Beans1oz corn chips1/2c Mexican Slaw1/2c Light vanilla Ice Cream |
| MONDAY 12, 20233oz Beef Fajitas1/2c Fajita Veggies1/2c black bean 1/2c Yellow Squash1 6 in WW Flour Tortilla1oz Salsa1/2c Diced Mango | TUESDAY 13, 2023Fried Fish Sandwich(3oz Fried Fish, 1 WW hamburger bun, 1/2c lettuce, 1 slice tomato, 1oz Tartar Sauce)10 no added salt baked French fries 1c Vegetable Medley1c Strawberries | WEDNESDAY 14, 2023Hawaiian Chicken(3oz Chicken thighs, 1oz sauce)1/2c Steamed Brown Rice1/2c Roasted Zucchini1/2c Chard w/ GarlicWheat Roll3/4c Tropical Fruit | THURSDAY 15, 2023Ham & Cheese Sandwich(2 slices wheat bread, 2oz LS Ham, 1oz Swiss Cheese, 1/2c Lettuce, 2 slices tomato)1/2c LS 3 Bean Salad3/4c LS Tomato Soup4 LS WW Crackers1c Fruit Salad | FRIDAY 16, 20233oz Meatloaf1/2c Potatoes Au Gratin1/2c Carrots w/ 1 tsp margarineWheat Roll1/2c Mandarin Oranges in 1/2c SF Gelatin |
| MONDAY 19, 2023ALL CENTERS CLOSED | TUESDAY 20, 20232oz Lite Polish Sausage2 TBSP Sauerkraut1c California blend vegetables1/2c Parsley PotatoesWheat Roll1/2c Chilled Peaches1/2c Greek Nonfat vanilla Yogurt | WEDNESDAY 21, 2023Soft Beef Taco(1 6in flour tortilla, 3oz Beef, 1/2c lettuce and tomato)1/2c LS Spanish Rice1c 5 Way Veggies2 TBSP Salsa1/2c Whipped Berry Pudding | THURSDAY 22, 20237oz Meat lasagna (1/2c Pasta, .5oz cheese, 5oz Meat Sauce)1c Italian VeggiesWheat Roll1/2c Cinnamon Spiced Apples | FRIDAY 23, 20234oz Chicken Provencal(3oz Chicken Thigh) 1/4c Provencal Vegetables1/2c Steamed Rice1c Kale saladWheat Roll1/2c Fruit Cocktail |
| MONDAY 26, 2023Turkey Sandwich(2 slices wheat bread, 3oz Turkey, 1/2c lettuce, 2 slices tomato)1/2c carrot raisin salad1/2c Celery SticksFresh Pear | TUESDAY 27, 20233oz Swedish Meatballsover 1/2c Egg Noodles1c Winter VeggiesWheat Roll1/2c Pineapple | WEDNESDAY 28, 2023Chicken Hot Dog(1/2 Chicken frank, 1 hot dog bun)8 Tater Tots1c Coleslaw w/ 2 TBSP Dressing1/2c LS Baked Beans1/2c Vanilla Pudding with 1 tsp Cinnamon | THURSDAY 29, 2023Red Chili Beef Enchiladas(2oz RC, 3oz Beef, 2 corn tortilla, 1oz Cheese, 1/2c Lettuce and tomato)1c Capri Vegetables1/2 c Salsa Corn1/2c Plums | FRIDAY 30, 20233oz Baked Chicken Nuggets1oz LS Country Gravy10 NAS Baked French Fries1/2c Cucumber and tomato salad ½ slice Cornbread1/2c 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:****2** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****4** | **Days in Week:****5** |
| Calories | 700 or more | 806.8 | 705.7 | 716.4 | 739.3 | 700.0 |
| % Carbohydrates from Calories | 45-55% | 50.1 | 48.5 | 51.6 | 54.3 | 53.6 |
| % Protein from Calories | 15-25% | 22.3 | 23.3 | 21.4 | 18.0 | 19.3 |
| % Fat from Calories | 25-35% | 27.6 | 30.2 | 27.1 | 27.7 | 27.1 |
| Saturated Fat | less than 8g | 7.1 | 8.0 | 8.0 | 7.8 | 6.9 |
| Fiber | 10g or more | 10.3 | 11.1 | 11.2 | 10.7 | 10.4 |
| Vitamin B-12 | .8ug or more | 1.9 | 2.5 | 2.6 | 2.1 | 1.9 |
| Vitamin A | 300ug RAE or more | 577.1 | 479.5 | 469.7 | 412.6 | 595.8 |
| Vitamin C | 30mg or more | 88.5 | 54.5 | 77.0 | 68.7 | 33.4 |
| Iron | 2.6mg or more | 5.9 | 4.9 | 4.8 | 5.5 | 3.7 |
| Calcium | 400mg or more | 488.5 | 466.9 | 507.2 | 493.0 | 502.6 |
| Sodium | less than 766mg | 724.5 | 715.0 | 739.8 | 745.6 | 755.2 |

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