**1% milk served at meals**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday 2, 2023Open Hot Turkey Sandwich(3 oz. Turkey, 2 oz. Low Sodium Gravy, 1 sl. Wheat Bread)1/2c green peas w/ 1 tsp unsalted butter 3/4c Brussel Sprouts 1c Tropical Fruit | Tuesday 3, 2023LS Beef Tips w/ LS Gravy(3oz Beef, 1oz LS Gravy)1/2c LS Mashed Potatoes1c California blend VegetablesWW roll1c Strawberries | Wednesday 4, 20233oz Pork Loin1/2c Asparagus w/ 1 tsp unsalted butter 3/4c broccoli Spears1oz LF Cornbread w/ 1 tsp unsalted butter 1c Diced Peaches | Thursday 5, 2023Green Chile Chicken Enchiladas(3oz Chicken, 1oz Cheese, 2 corn tortillas, 1oz GC, 1/2c Lettuce and tomato)1/2c LS Pinto Beans1/2c Cilantro-lime Brown Rice 1c Tossed Salad w/ 2 TBSP Light Italian Dressing3/4c Diced Mango | Friday 6, 2023Ham and Swiss Cheese Sandwich(2 slices wheat bread, 2oz LS Ham, 1oz Swiss cheese, 1/2c Lettuce, 2 sliced tomato)1/2c sliced carrots1/2c LS Cucumber SaladBanana1/2c Greek Nonfat Vanilla Yogurt  |
| Monday 9, 2023**Indigenous People Day****Senior Center Closed** | Tuesday 10, 20231c Taco Soup(2oz Ground beef, 1 oz LS kidney beans, 1/4cup hominy, tomatoes, 1oz broth) 1c Tossed Salad w/ 2 TBSP Light Italian Dressing1 6in Flour Tortilla1c Pineapple Chunks  | Wednesday 11, 2023Salmon Patty(3oz Salmon)1/2c Herb Roasted Potatoes1/2c Beets and Onions Salad 1 sl wheat bread w/ 1 tsp unsalted butter 1c LS Cilantro Lime Slaw 1c Grapes | Thursday 12, 2023Beef Stroganoff(3oz Beef, 2oz sauce, 1/2c Mushrooms)3/4c egg Noodles1/2c Green Beans w/ 1 tsp unsalted butter 3/4c Yellow Squash1/2c SF Gelatin w/ 1c Berries, 1 TBSP Whipped Topping  | Friday 13, 20233oz Cornflake Chicken1/2c LS LF Broccoli Salad1/2c Sweet Potatoes 6 LS WW Crackers 1/2c Mixed Fruit  |
| Monday 16, 2023Spaghetti w/ meat sauce(1/2c Wheat Spaghetti, 5oz Meat sauce (3oz Meat, 2oz NAS Marinara Sauce)1c Tossed Salad w/ 2 TBSP Light Italian1c Italian Blend VegetablesGarlic Bread1c Cantaloupe | Tuesday 17, 20233oz LS Mrs. Dash Lemon Pepper Cod 1c Coleslaw w/ 2 TBSP Dressing1/2c LS Brown Rice Pilaf1/2c Spinach w/ 1 tsp margarineWW Roll w/ 1 tsp unsalted butter 3/4c Fruit Compote | Wednesday 18, 2023Breakfast For Lunch1 oz. Reduced fat Sausage Patty1 Med. Size Scrambled Eggs1c Diced Potatoes with Peppers and Onions1 sl wheat bread w/ 1 tsp margarine1/2c Apple slices4oz Greek Nonfat vanilla yogurt | Thursday 19, 20233oz Country Fried Steak1/2c LS Mashed Potatoes w/ 2oz LS Gravy1/2c LS stewed okra w/ tomatoes and onionsWW roll w/ 1 tsp unsalted butter 1c Watermelon | Friday 20, 2023 Turkey and Cheese Sub(2oz Turkey, 1oz Swiss Cheese, 1 WW hot dog bun, 1/2c lettuce, 1/4c tomato)1c Vegetable Medley1oz Sun Chips 1c Fruit Salad |
| Monday 23, 2023Chicken Soft Taco(1 6in flour tortilla, 3oz Chicken, 1/2c Lettuce and tomato,1/4c Onion)1/2c LS Pinto Beans1/2c Calabacitas1/2c Spiced Peaches   | Tuesday 24, 20233oz LS Boneless Pork Chop 1/2c Baked Yam1/2c Roasted Cauliflower1 pc Jalapeno Cornbread w/ 1 tsp margarine1/2c Applesauce  | Wednesday 25, 20236oz Chicken Salad(3oz Chicken, 1/4c Walnuts & Pecans, celery)6 WW crackers1oz Sun Chips1c LS Vegetable Soup1/2c Roasted Carrots 1c Strawberries and Bananas | Thursday 26, 20234oz Meatloaf3/4c Roasted Brussel Sprouts1/2c LS Mashed Potatoes w/ 2oz LS gravyWW Roll1/2c Fruit Cocktail  | Friday 27, 2023Chicken Alfredo(3oz diced chicken, 1/2c Fettuccine 2oz Light Alfredo Sauce)1c Italian blend vegetablesSpinach Salad(1c Spinach, 1/4c Red onion, 1 TBSP cranberries, 1/4c Chopped Pecans)Garlic bread1/2c Mandarin Oranges  |
| Monday 30, 20231/2c tossed salad w/ 1 TBSP Light Italian Dressing Sweet and Sour Chicken(3oz chicken, 3oz Sauce)3/4c Brown Rice, 1 TBSP Sesame Seeds 1c Stir Fry vegetables1 Fortune Cookie3/4c pineapple1/2c Greek nonfat Vanilla yogurt | Tuesday 31, 20233oz Porcupine Meatballs(3oz Beef, 1/4c Rice, 1oz tomato sauce)1/2c Lemon Herb Orzo 1/2c Green Beans and 1/4c Mushrooms w/ 1 tsp margarine 1c Tossed Salad with 2 TBSP Light Italian Dressing1/2c Spiced Pears w/ 2 TBSP Whipped Topping |  |  |  |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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: 4** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****2** |
| Calories | 700 or more | 702.7 | 719.9 | 704.8 | 817.0 | 847.0 |
| % Carbohydrates from Calories | 45-55% | 50.8 | 54.2 | 48.8 | 45.5 | 55.7 |
|  Protein from Calories | 15-25% | 23.9 | 19.3 | 21.7 | 23.0 | 15.9 |
| % Fat from Calories | 25-35% | 25.3 | 26.5 | 29.5 | 31.5 | 28.4 |
| Saturated Fat | less than 8g | 8.0 | 6.9 | 7.7 | 7.5 | 6.7 |
| Fiber | 10g or more | 11.7 | 10.0 | 10.2 | 13.0 | 10.1 |
| Vitamin B-12 | .8ug or more | 2.9 | 3.2 | 2.5 | 1.8 | 2.1 |
| Vitamin A | 300ug RAE or more | 564.9 | 635.7 | 532.4 | 334.7 | 574.6 |
| Vitamin C | 30mg or more | 96.0 | 46.1 | 56.4 | 95.5 | 40.7 |
| Iron | 2.6mg or more | 4.5 | 6.3 | 4.8 | 5.8 | 5.8 |
| Calcium | 400mg or more | 597.7 | 490.2 | 540.4 | 512.4 | 506.3 |
| Sodium | less than 766mg | 763.5 | 760.3 | 753..3 | 698.1 | 762.7 |

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