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| --- | --- | --- | --- | --- |
| **2% reduced fat milk served at meals** |  |  |  | **FRIDAY 1, 2023****3oz Meatloaf** **1/2c Mashed potatoes w/ 1 tsp chives** **3/4c Steamed Broccoli****3/4c Carrots****Wheat Roll** **1c Fruit Salad** |
| **MONDAY 4, 2023****ALL****CENTERS** **CLOSED** | **TUESDAY 5, 2023****4 oz Hawaiian Chicken****(3oz Chicken, 1oz Sauce and Pineapple)****1/2c Steamed Brown Rice****1c Asian Stir Fry****Hawaiian Roll****3/4c Tropical Fruit** | **WEDNESDAY 6, 2023****Hot Turkey & Swiss Sandwich****(2 slices wheat bread, .5oz Swiss cheese, 3oz Turkey)****1/2c Green Beans****1/2c Sweet potatoes****1/2c Garden Salad w/ TBSP Light Italian Dresing****Fresh Apple** | **THURSDAY 7, 2023****Frito Pie****(1oz RC Sauce, 1oz Corn Chips, 3oz Ground Beef, 1/2c Lettuce and tomato)****1/2c LS Pinto Beans****3/4c Capri Vegetables****1/2c LS Spanish Slaw****1/2c Mandarin Oranges** | **FRIDAY 8, 2023****Meals on Wheels Only****3/4c Chicken Salad Sandwich****Croissant****(3oz Chicken, 3oz celery grapes, walnuts, petite croissant)****1/2c LS 3 Bean Salad****1/2c Carrot Stick****4oz Greek nonfat Strawberry Yogurt** |
| **MONDAY 11, 2023****Chicken Fettuccine****Alfredo Sauce****(3oz Chicken Breast, 1/2c Fettuccine, 1oz Light Alfredo Sauce)****1c Italian Veggies w/ 1 tsp unsalted butter** **Wheat roll** **1/2c Baked Cinnamon Apples** | **TUESDAY 12, 2023****BLT****(2 slices wheat bread, 1/2c Lettuce, 2 slices tomato, 1oz Reduced sodium bacon)****Spinach Salad****(1c Spinach, 1/4c red onions, .5c strawberries, 2 TBSP Light Raspberry Vinaigrette)****1/2c Mixed Fruit in 1/2c SF Gelatin****1c Greek Nonfat vanilla yogurt**  | **WEDNESDAY 13, 2023****Green Chile Chicken Enchiladas****(2 corn tortilla, 1oz GC, 1oz Cheese, 3oz chicken, 1/2c lettuce and tomato)****1/2c LS Pinto Beans****1c Vegetable Medley w/ 1 tsp unsalted butter** **1/2c Apricots** | **THURSDAY 14, 2023****4oz Salmon Patty****3/4c Tomato Macaroni****(1/2c Macaroni, 1/4c Tomato)****1/2c Asparagus****1/2c Beets** **1 Pears**  | **FRIDAY 15, 2023****3oz LS Herbed Baked Fish****1/2c Cucumber & Tomato Salad****1/2c Mushrooms****1/2c LS Rice Pilaf****1/2c Peaches**  |
| **MONDAY 18, 2023****3oz Chicken Tenders****1oz Country Gravy****1/2c No added salt baked French fries** **1/2c no added salt French style green beans****Biscuit****1c Pineapple Tidbits** | **TUESDAY 19, 2023****Carne Adovada Burrito****with Red Chile****(3oz Pork, 2oz RC, 1 6in Flour tortilla)****1c Chateau Blend** **1/3c LS Spanish Rice****1/2c Sherbet** | **WEDNESDAY 20, 2023****3oz Lean Country Style Ribs****3/4c LS Black eyed peas** **1/2c Carrots****Spinach Salad****(1/1c Spinach, 1/4c red onions, .5c strawberries, 1 TBSP Light Raspberry Vinaigrette)****Cornbread****1c Watermelon**  | **THURSDAY 21, 2023****Pasta w/ meat sauce** **(1/2c pasta, 3oz meat, 2oz NAS marinara Sauce)****1c California Blend** **Wheat roll** **1/2c Plums** | **FRIDAY 22, 2023****Chicken Taco****(6 in flour tortilla, 3oz Chicken, 1/2c Lettuce and tomato, 1oz LS Salsa)****1/2c LS Chile Beans****1/2c Calabacitas****Oatmeal cookie** |
| **MONDAY 25, 2023****Ham & Cheese Sandwich****(2 slices wheat bread, 1oz LS Ham, .5oz Cheddar Cheese, 1/2c lettuce, 2 slices tomato)****1/2c Potato Salad****1/2c Roasted Brussel Sprouts****1/2c Diced Peaches****1c Greek nonfat vanilla yogurt** | **TUESDAY 26, 2023****3oz Lean LS Pork Roast****2oz LS Pork Gravy****1/2c parsley potatoes****1/2c tomato and onion salad****Wheat Roll w/ 1 tsp margarine****1/2c Spiced pears** | **WEDNESDAY 27, 2023****Green Chile Cheeseburger****(1oz GC, ! bun, 3oz patty, .5oz Cheese, 1/2c lettuce, 2 slices tomato)****1c Mediterranean Blend w/ 1 tsp margarine****1oz Sun Chips****1c Cantaloupe** | **THURSDAY 28, 2023****Soft Fish Taco****(2 corn tortilla, 3oz LS Cod, 2 TBSP LS Salsa)****1/2c Spanish Slaw****1/2c LS Black Beans****1/2c Tapioca Pudding** | **FRIDAY 29, 2023****Red Chile Pork Posole****(3oz Pork, 1/2c Hominy, 2oz RC)****1c Tossed Salad w/ 2 TBSP Light Italian Dressing****1 6in Flour Tortilla****1/2c Ice Cream** |

***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:****1** | **Days in Week:****4** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** |
| Calories | 700 or more | 707.5 | 704.3 | 705.7 | 732.3 | 701.8 |
| % Carbohydrates from Calories | 45-55% | 55.8 | 49.1 | 49.5 | 47.9 | 48.1 |
| % Protein from Calories | 15-25% | 18.1 | 24.2 | 25.1 | 24.0 | 24.7 |
| % Fat from Calories | 25-35% | 26.1 | 26.8 | 25.5 | 28.1 | 27.2 |
| Saturated Fat | less than 8g | 8.0 | 7.5 | 8.0 | 7.8 | 7.7 |
| Fiber | 10g or more | 15.4 | 10.3 | 11.1 | 10.0 | 11.1 |
| Vitamin B-12 | .8ug or more | 2.8 | 2.0 | 3.0 | 2.7 | 2.6 |
| Vitamin A | 300ug RAE or more | 1212.1 | 550.7 | 346.9 | 392.8 | 440.5 |
| Vitamin C | 30mg or more | 96.7 | 44.2 | 40.4 | 33.1 | 64.8 |
| Iron | 2.6mg or more | 5.5 | 4.4 | 4.3 | 5.3 | 4.6 |
| Calcium | 400mg or more | 495.4 | 495.7 | 543.5 | 502.4 | 577.0 |
| Sodium | less than 766mg | 567.6 | 764.2 | 735.1 | 698.0 | 763.8 |

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