|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **TUESDAY 1, 2022**  **3 oz. Chicken Breast**  **1/2c Spinach, Cranberry Salad**  **1/2c Beets w/Onions**  **1 Bread stick**  **1/2c Pineapple** | **WEDNESDAY 2, 2022**  **French Dip Sandwich**  **(3 oz. Beef, 1 Bun, .5oz. Cheese)**  **1 oz. Au Jus**  **1c Tossed Salad w/2T LF Dressing**  **1/2c Green Peas**  **1/2c Orange Wedges** | **THURSDAY 3, 2022**  **Tuna Salad Sandwich**  **(4 oz. Tuna Salad, 2 Sl. Wheat Bread)**  **1c Pasta Salad w/ Veggies**  **(1/2c Pasta, 1/2c Veggies)**  **1/2c Corn**  **1/2c Mandarin Oranges** | **FRIDAY 4, 2022**  **3 oz. Pork Roast**  **1c Mashed Potatoes w/**  **2 oz. LS Gravy**  **1c Tossed Salad w/**  **2T LF Dressing**  **1/2c Green Beans**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Applesauce** |
| **MONDAY 7, 2022**  **Ham and Cheese Sandwich**  **(2 oz. Low Sodium Ham, 1 oz. Cheese, 1c Lettuce, Tomato, 3 slices Pickle, 2 Sl. Bread)**  **1/2c Carrot Raisin Salad**  **1/2c Tropical Fruit**  **1% milk** | **TUESDAY 8, 2022**  **3 oz. Pork Chop**  **1/2c LS Stuffing**  **1/2c Carrots**  **1c Three Bean Salad**  **1/2c Apples in 1/4c Crisp** | **WEDNESDAY 9, 2022**  **6 oz Beef Enchilada Casserole**  **(3oz. Beef, 1 oz. Cheese, 1/4c Red Chile, 2 Corn Tortillas)**  **1/2c Pinto Beans**  **1c Tossed Salad w/**  **2T LF Dressing**  **1/2c Rice Pudding** | **THURSDAY 10, 2022**  **3 oz. Lemon Pepper Fish**  **1c LS Wild Rice**  **1c Brussel Sprouts & Carrots**  **1/2c Mango**  **1% Milk** | **FRIDAY 11, 2022**  **Beef Ravioli**  **(3 oz. Beef, 1 oz. Sauce,**  **1/2c Pasta)**  **1c Tossed Salad w/**  **2T LF Dressing**  **1/2c Green Beans w/**  **Cherry Tomato**  **1/2 sl. Garlic Toast**  **1 Sugar Cookie** |
| **MONDAY 14, 2022**  **Open Face Red Chile Burger**  **(3oz. Beef, .5oz. Cheese,**  **1/4c Red Chile, ½ Bun)**  **1/2c Hominy**  **1/2c Lima Beans**  **1/2c Strawberries on 1 Sl. White Cake** | **TUESDAY 15, 2022**  **3 oz. Country Fried Steak**  **1c Mashed Potatoes w/**  **2 oz LS Gravy**  **1/2c Sesame (.5oz) Baby Carrots**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Peaches** | **WEDNESDAY 16, 2022**  **4 oz. Teriyaki Chicken**  **1c Brown Rice**  **1c Steam Broccoli & Cauliflower**  **1 Peanut Butter Cookie**  **1/2c Pineapple** | **THURSDAY 17, 2022**  **Stuffed Bell Peppers**  **(3oz Beef, 1oz. Sauce,**  **3 oz. Bell Pepper)**  **1c Tossed Salad w/**  **2T LF Dressing**  **1/2c Peas and Carrots**  **1 Sl. Wheat Bread w/ 1 tsp. Margarine**  **1 Apple** | **FRIDAY 18, 2022**  **3 oz. Baked Salmon**  **1c Brown Rice**  **1c Broccoli & Carrots**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c SF Vanilla Pudding** |
| **MONDAY 21, 2022**  **SENIOR CENTER CLOSED**  **PRESIDENT’S DAY** | **TUESDAY 22, 2022**  **1/2c Spaghetti w/**  **4 oz. LS Meat Sauce**  **1 sl. Texas Toast**  **1c Tossed Salad w/**  **2T LF Dressing**  **1/2c Apricots** | **WEDNESDAY 23, 2022**  **Chicken Salad Sandwich**  **(4 oz. Chicken Salad, 1 Petite Croissant, 1/2c Lettuce & Tomato)**  **1c Pasta Salad w/ Veggies**  **(1/2c Pasta, 1/2c Veggies)**  **1/2c Honeydew**  **1 Granola Bar** | **THURSDAY 24, 2022**  **Chile Beans**  **(3 oz. LEAN Beef, 1/2c LS Beans,**  **1/4c Red Chile)**  **1 sl. Corn Bread**  **1c LS Tomato Onion Salad**  **1% Milk**  **1/2c Pears** | **FRIDAY 25, 2022**  **6oz Green Chile Chicken Enchiladas**  **(3 oz. Chicken, 1/4c Green Chile, 2 Corn Tortillas)**  **1/2c Spanish Rice**  **1c Tossed Salad w/**  **2T LF Dressing**  **1 Chocolate Chip Cookie**  **1% Milk** |
| **MONDAY 28, 2022**  **1% Milk**  **4 oz Macaroni and Cheese**  **(.5oz. Cheese, 1/2c Macaroni, .5oz LS Ham)**  **1/2c Brussel Sprouts w/ 1 tsp margarine**  **1/2c Carrots w/ 1 tsp Margarine**  **4oz Nonfat Vanilla Greek Yogurt w/ ½c Cherries; 6 LS Crackers** |  |  |  | **8oz-2% Milk Served with Meals**  **Occasionally We Must**  **Substitute Food Items**  **We Are Sorry For The**  **Inconvenience** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week**  **1** |
| Calories | 700 or more | 770.4 | 730.5 | 777.9 | 755.1 | 748.5 |
| % Carbohydrates from Calories | 45-55% | 48.4 | 50.7 | 50.7 | 47.8 | 55.1 |
| % Protein from Calories | 15-25% | 22.6 | 22.3 | 21.5 | 25.5 | 19.0 |
| % Fat from Calories | 25-35% | 29.0 | 26.9 | 27.7 | 26.7 | 25.8 |
| Saturated Fat | less than 8g | 7.8 | 7.8 | 8.0 | 8.0 | 7.9 |
| Fiber | 10g or more | 11.0 | 10.2 | 10.9 | 11.4 | 10.5 |
| Vitamin B-12 | .8ug or more | 2.0 | 2.3 | 3.1 | 2.7 | 2.3 |
| Vitamin A | 300ug RAE or more | 528.0 | 869.4 | 569.2 | 500.7 | 970.1 |
| Vitamin C | 30mg or more | 48.5 | 52.9 | 67.5 | 38.4 | 57.3 |
| Iron | 2.6mg or more | 5.8 | 5.2 | 5.5 | 5.6 | 4.1 |
| Calcium | 400mg or more | 520.7 | 526.1 | 515.2 | 533.4 | 738.2 |
| Sodium | less than 766mg | 719.1 | 760.2 | 732.5 | 611.1 | 758.2 |

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