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| --- | --- | --- | --- | --- |
|  | **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