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| --- | --- | --- | --- | --- |
| **Light Italian dressing used in analysis unless other wise specified**  |  | **WEDNESDAY 1, 2023**Chicken Provencal(3oz chicken, 1/3c Vegetables)with 2oz Tomato Topping1/2c White Rice1c Spinach & OnionsWheat Roll with 1 tsp Margarine1/2c Mixed Fruit in 1/2c Gelatin | **THURSDAY 2, 2023**3oz Pork Chop1/2c LS Scalloped Potatoes1/2c Broccoli FloretsWheat Roll with 1 tsp MargarineFresh Apple | FRIDAY 3, 20231c Beef Stew(3oz Beef, 1/2c Potatoes, celery, tomatoes, carrots)1c (3oz Beef & 1/2c Potato 1/2c Mexican Slaw6 LS WW Crackers1-Peanut Butter CookieFresh Pear |
| **MONDAY 6, 2023****Creamy Chicken** **Spinach & Tomato Linguini****(1oz Sauce, 3oz Chicken, 1/4c Spinach, 1/4c NAS Diced tomatoes, 1/2c pasta)****1/2c Buttered Carrots****1 Breadstick****2oz Chocolate Cake with 2 TBSP Cherry Topping** | **TUESDAY 7, 2023****4oz Pork Stir Fry****1/2c Fried Rice****1c Stir Fry Veggies****1/2c Cucumber & Tomato Salad****Wheat Roll****1/2c Mandarin Oranges** | **WEDNESDAY 8, 2023****Breaded Chicken Sandwich****(3oz Chicken, 1 bun, 1/2c Lettuce, 2 slices tomato)****1c Pasta Salad** **(1/2c green peas, 1/2c pasta)****1/2c Beets and onions** **1/2c Tropical Fruit** | **THURSDAY 9, 2023****Chili Cheese Dog****with Meaty Red Chili****(.5oz Cheese, 1bun, 2oz Ground beef, 1oz red chili, ½ hot dog)****1c Mixed Veggies****5 Onion Rings****Fresh Orange** | FRIDAY 10, 20232oz LS Baked Ham with .5 sliced pineapple1/2c Yams1c Vegetable Medley1/2c Pineapple Tidbits1/2c nonfat Greek vanilla Yogurt with 1/2c Granola, 1/3c Walnuts  |
| **MONDAY 13, 2023****1% Milk** **Sweet & Sour Chicken****(3oz Chicken, 1/4c sauce)****1c Brown Rice****1c Asian Veggies****1-vegetable Egg Roll****1 slice or 1oz SF Brownie** | **TUESDAY 14, 2023****1% Milk** **BBQ Ribs****(3oz Boneless ribs, 1oz LS BBQ Sauce)****1/2c LS baked beans****1c California Veggies****1 slice Corn Bread****1/2c Sherbet** | **WEDNESDAY 15, 2023****1% Milk** **Baked Cheese Ziti****With Meaty Marinara Sauce****(1/2c ziti, 1oz cheese, 2oz beef, 1oz NAS marinara sauce)****1c Italian Veggies****1c Tossed Salad w/ 2 TBSP Light dressing****Garlic Toast****1/2c Bananas in 1/2c Vanilla Pudding** | **THURSDAY 16, 2023****1% Milk** **Open Face Turkey Sandwich****(1 slice wheat bread, 3oz LS Roasted Turkey Breast,** **2oz LS Turkey Gravy****½ c Mashed Potatoes** **1c Capri Veggies****1/2c Cranberry Spinach Salad** **1c Fruit cocktail**  | FRIDAY 17, 20231% Milk 3oz Salisbury Steak  2oz LS Brown gravy1/2c Mushrooms 1/2c Egg Noodles1/2c Brussels SproutsWheat Roll1/2c Pears in 1/2c Gelatin  |
| **MONDAY 20, 2023****1% Milk** **Creamy Chicken and Mushrooms** **(3oz Chicken 2oz Sauce, 1/4c Mushrooms)****1 medium Baked Potato w/ 1 tsp margarine****1c Broccoli and cauliflower** **Wheat Roll w/ 1 tsp margarine****1/2c Tapioca Pudding** | **TUESDAY 21, 2023****1% Milk** **Frito Pie****(1oz corn chips, 3oz ground beef, 2oz red chile)****1/2c LS Pinto Beans****1/2c Lettuce and tomato****1/2c Mexicorn****1c Diced Mango**  | **WEDNESDAY 22, 2023****1% Milk** **3oz Roast Beef****1/2c Mashed Potatoes****2oz LS Brown Gravy****1c 5 Way Veggies****Wheat Roll****1c Plums** | **THURSDAY 23, 2023****1% Milk** **Green Chili Cheeseburger****(1bun, 1oz GC, .5oz Cheese, 1 patty, 1/2c Lettuce, 2 slices tomato)****1c LS Ranch Beans****1c Calabacitas** **1c Sliced Apples** | FRIDAY 24, 20231% Milk 3oz Chicken Tenders1oz LS Pepper Gravy10 French Fries1c Coleslaw, 2 TBSP DressingBiscuit1/2c Light Vanilla Ice Cream |
| **MONDAY 27, 2022****1% Milk** **3oz Salmon Patty****Tomato Macaroni****(1/2c Tomatoes, 1/2c Macaroni)****1/2c Asparagus****1/2c Apricots** | **TUESDAY 28, 2022****Spaghetti with** **Meaty Marinara Sauce****(1/2c Spaghetti, 2oz NAS marinara Sauce, 3oz bee)****1/2c Green Beans****1c Tossed Salad w/ 2 TBSP light Dressing****Garlic Toast****3/4c Fruit Salad** |  |  |  |

***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:****3** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****2** |
| Calories | 700 or more | 766.7 | 763.1 | 838.6 | 804.5 | 768.7 |
| % Carbohydrates from Calories | 45-55% | 51.5 | 50.1 | 53.8 | 49.7 | 49.2 |
| % Protein from Calories | 15-25% | 19.0 | 19.9 | 20.7 | 20.1 | 20.4 |
| % Fat from Calories | 25-35% | 29.5 | 30.0 | 25.6 | 30.3 | 30.5 |
| Saturated Fat | less than 8g | 7.9 | 7.8 | 7.8 | 7.8 | 8.0 |
| Fiber | 10g or more | 11.4 | 12.88 | 10.8 | 10.0 | 11.2 |
| Vitamin B-12 | .8ug or more | 2.3 | 2.0 | 2.3 | 3.0 | 3.8 |
| Vitamin A | 300ug RAE or more | 640.5 | 604.4 | 405.5 | 380.3 | 489.4 |
| Vitamin C | 30mg or more | 46.2 | 71.9 | 36.5 | 63.8 | 51.7 |
| Iron | 2.6mg or more | 4.7 | 5.8 | 5.1 | 5.1 | 5.8 |
| Calcium | 400mg or more | 475.0 | 531.9 | 543.9 | 510.7 | 495.1 |
| Sodium | less than 766mg | 758.4 | 696.2 | 636.5 | 716.6 | 643.0 |

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