|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Light Italian dressing used in analysis unless other wise specified** |  | **WEDNESDAY 1, 2023**  Chicken Provencal  (3oz chicken, 1/3c Vegetables)  with 2oz Tomato Topping  1/2c White Rice  1c Spinach & Onions  Wheat Roll with 1 tsp Margarine  1/2c Mixed Fruit in 1/2c Gelatin | **THURSDAY 2, 2023**  3oz Pork Chop  1/2c LS Scalloped Potatoes  1/2c Broccoli Florets  Wheat Roll with 1 tsp Margarine  Fresh Apple | FRIDAY 3, 2023  1c Beef Stew  (3oz Beef, 1/2c Potatoes, celery, tomatoes, carrots)  1c (3oz Beef & 1/2c Potato  1/2c Mexican Slaw  6 LS WW Crackers  1-Peanut Butter Cookie  Fresh 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, 2023  2oz LS Baked Ham  with .5 sliced pineapple  1/2c Yams  1c Vegetable Medley  1/2c Pineapple Tidbits  1/2c 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, 2023  1% Milk  3oz Salisbury Steak  2oz LS Brown gravy  1/2c Mushrooms  1/2c Egg Noodles  1/2c Brussels Sprouts  Wheat Roll  1/2c 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, 2023  1% Milk  3oz Chicken Tenders  1oz LS Pepper Gravy  10 French Fries  1c Coleslaw, 2 TBSP Dressing  Biscuit  1/2c 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***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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

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