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| --- | --- | --- | --- | --- |
| **NAS-no added salt**  **SF-sugar free**  **FF-Fat free**  **LS=low sodium**  **LF=low Fat**  **WW=whole wheat** | 1% Milk Served at all meals  Mixed green salad  (1c salad, 1/4c red cabbage, 1/4c cucumber, 5 cherry tomatoes, 8 baby carrots) |  |  |  |
| MONDAY 3, 2021  Soft Beef Taco w/ Salsa  (1 6in Flour tortilla, 3oz Beef, .5oz Cheese, 1/2c Lettuce and tomato, 1oz Salsa)  1/2c Chuckwagon corn  1c Broccoli w Red Bell Pepper  Apple | TUESDAY 4, 2022  3oz Baked Chicken Thighs  1/2c Mashed potatoes w/ 2 oz LS Gravy  1c Winter Blend Vegetables  1/2c Spinach Salad w/ 1 TBSP Light Ranch dressing  Biscuit w/ 1 tsp margarine  Orange | WEDNESDAY 5, 2022  6oz Chicken Pot pie  (3oz chicken, 1oz crust, 1/2c Vegetables (peas and carrots))  1/2c Green Beans  1/2c Mixed Green salad w/ 1 TBSP Light Italian Dressing  WW Roll  1/2c Apricots | THURSDAY 6, 2022  4oz Hamburger Steak, w/1/2c Sauteed Onion  1c Pasta Salad  (1/2c Vegetables (broccoli, mixed veg) , 1/2c pasta) WW Roll  1/2c Fruit Cocktail | FRIDAY 7, 2022  Tuna Salad w/ Egg Sandwich  (4oz tuna Salad (3oz Tuna), 2 slices wheat bread, 1/2c Lettuce, 2 slices tomato)  1/2c Beets  1/2c Tomato and Red onion Salad  1c Cantaloupe  1/2c SF Gelatin |
| MONDAY 10, 2022  3oz Swiss Steak  1/2c LS Seasoned Rice  1c Capri Vegetables  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  WW Roll w/ 1 tsp margarine.  Banana | TUESDAY 11, 2022  3oz Baked Chicken Sandwich  (1bun, 3oz Chicken, 1/2c Lettuce, 2 slices tomato)  1/2c Roasted Red Potatoes  1c California Blend Vegetables  1/2c Carrot and Raisin Salad | WEDNESDAY 12, 2022  3oz Roasted Pork Loin  1/2c Mashed Potatoes w/ 2oz LS Gravy  3/4c Roasted Brussel Sprouts  1c Spring Mix Salad w/ 2 TBSP Light Italian dressing  WW roll w/ 1 tsp margarine  1/2c Mixed Fruit | THURSDAY 13, 2022  Red Chile Cheese Enchiladas  (1oz Cheese, 2oz Red Chile, 2 corn tortillas, 1/2c Lettuce and tomato)  1/2c LS Pinto Beans  1/2c Zucchini and 1/2c diced tomatoes  1 Sugar Cookie  1/2c Pears | FRIDAY 14, 2022  4oz Sloppy Joe  (3oz Meat, 1oz Sauce, 1 bun)  1/2c macaroni salad  1c Tossed Salad w/ 2 TBSP Italian Dressing  1/2c Tropical Fruit Salad |
| MONDAY 17, 2022  Green Chile Cheeseburger  (1bun, 1oz GC, .5oz American Cheese, 3oz patty, 1/2c lettuce, 2 slices tomato, 1 slice onion)  10 NAS Bake French Fries  1/2c Cucumber Salad  Baked Apple Slices | TUESDAY 18, 2022  Chicken parmesan w/ Pasta  (3oz Chicken, 1 tsp parm, 1oz Breading, .5oz mozzarella cheese, 1oz NAS Marinara Sauce)  1/2c Pasta  1c Italian vegetables  1/2c Tossed Salad w/ 1 TBSP Dressing  1 Garlic Breadstick  1/2c Peaches | WEDNESDAY 19, 2022  3oz Meatloaf  1/2c Scalloped Potatoes  1/2c LS stewed Tomatoes w/ 1oz GC  1c Mixed Green salad w/ 2 TBSP Light Italian Dressing  Wheat roll w/ 1 tsp margarine  1/2c Spiced Pears | THURSDAY 20, 2022  6oz 3 cheese spinach Lasagna  (1oz Cheese, 1/2c Spinach, 1/2c Lasagna)  1c Mixed Green salad w/ 2 TBSP Light Italian Dressing  1/2c LS Garbanzo Beans  WW roll  1c Grapes | FRIDAY 21, 2022  Hot Turkey Sandwich  (3oz LS Turkey Roast, 1 slice wheat bread, 1oz LS Gravy  1/2c Mashed Potatoes w/ 1ox LS Gravy  1/2c Braised Red Cabbage w/ 1/4c Red Onions,1/4c Granny Smith Apples  1c Mandarin oranges |
| MONDAY 24, 2022  3oz Salisbury Steak, 1/4c Mushrooms, 2oz LS Gravy  1/2c LS Parsley Potatoes  1c Tossed Salad/ w/ 2 TBSP Light Dressing  WW Roll w/ 1 tsp Margarine  1c Watermelon | TUESDAY 25,2022  Frito Pie  (3oz Ground Beef, 2oz RC, 1/2c Lettuce and tomato, 1/4c onions, 1oz Corn Chips )  1/2c LS Pinto Beans  1c Calabacitas  1/2c Apples in Crisp | WEDNESDAY 26, 2022  3oz Baked Boneless Pork Chop  1oz LS Gravy  1/2c Brown Rice  1c Green Beans almondine  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  1/2c Fruit Salad | THURSDAY 27, 2022  8oz Beef stew  (3oz Beef, 1/2c Vegetables)  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  Cornbread  1/2c Pineapple and 1/4c banana | FRIDAY 28, 2022  6oz GC Chicken Enchiladas  (1oz GC, 2 corn tortilla, 3oz Chicken, 1oz cheese, 1/2c Lettuce and tomato)  1/2c LS Pinto Beans  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  3/4c Fruit Compote |

***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:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:** |
| Calories | 700 or more | 740.0 | 756.3 | 765.4 | 839.8 |  |
| % Carbohydrates from Calories | 45-55% | 47.2 | 53.5 | 52.5 | 50.7 |  |
| % Protein from Calories | 15-25% | 21.4 | 19.8 | 20.8 | 20.9 |  |
| % Fat from Calories | 25-35% | 31.4 | 26.6 | 26.6 | 28.4 |  |
| Saturated Fat | less than 8g | 7.5 | 6.6 | 8.0 | 8.0 |  |
| Fiber | 10g or more | 11.5 | 12.5 | 10.0 | 14.6 |  |
| Vitamin B-12 | .8ug or more | 2.6 | 1.9 | 2.4 | 2.4 |  |
| Vitamin A | 300ug RAE or more | 530.8 | 640.2 | 679.0 | 741.7 |  |
| Vitamin C | 30mg or more | 90.5 | 52.5 | 52.8 | 56.5 |  |
| Iron | 2.6mg or more | 5.5 | 5.2 | 5.2 | 5.8 |  |
| Calcium | 400mg or more | 502.3 | 530.2 | 618.9 | 54.8 |  |
| Sodium | less than 766mg | 755.1 | 736.9 | 758.6 | 743.9 |  |

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