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| --- | --- | --- | --- | --- |
| 8 oz-1% Milk Served With Meals  Occasionally We Must  Substitute Food Items  We Are Sorry For The  Inconvenience | DINE IN LUNCH  11:00 AM TO 1:00 PM |  |  | Friday 1, 2023  1c Beef Stew  (3 oz. Beef, 1 oz .Sauce,  1/2c Potatoes & Carrots)  1c Tossed Salad w/  2T FF Ranch Dressing  1 Wheat bread w/ 1 tsp margarine  1/2c Vegetable Medley w/ 1 tsp unsalted butter  1/2c Light Tropical Fruit Salad |
| Monday 4, 2023  Hot Dog  (1 oz. Frank,1 Bun)  1c Baby Carrots & Green Beans  1/2c sliced apple  1/2c LS Ranch Beans  1/2c Greek Nonfat Vanilla Yogurt | Tuesday 5, 2023  Swedish Meat Balls  (3oz meatball, 1oz Sauce)  1/2c Egg Noodle  1c California Blend Vegetables  1 Sl. Wheat Bread w/ 1 tsp. Margarine  1/2c Pears | Wednesday 6, 2023  3 oz. Chicken Nuggets  2 TBSP BBQ Sauce  1/2c Beets  1c Pasta Salad  (1/2c Pasta, 1/2c Vegetables)  1/2c Peaches | Thursday 7, 2023  Meat & Bean Burrito  (2 oz. Beef, 1/4c LS Pinto Beans, 1oz Red Chile, 1 6 in Tortilla)  1c Capri Vegetables  1/2c LS Spanish Rice  1/2c Fruit Cocktail | Friday 8, 2023  Clam Chowder  (3 oz. Clams)  1/2c Brussel Sprouts  1c Tossed Salad w/  2T FF Ranch Dressing  6 Wheat Crackers  1c Fruit Salad |
| Monday 11, 2023  Chicken Tetrazzini  (3 oz Chicken, 1 oz. Sauce,  1/2c Mushroom & Onion,  1/2c Noodles)  3/4c Broccoli  1 Sl. Wheat Bread w/ 1 tsp. Margarine  1c Grapes | Tuesday 12, 2023  Turkey & Cheese Sandwich  (2 oz. Turkey 1 oz Swiss Cheese,  2 sl. Wheat Bread, 1/2c romaine lettuce, 2 slices tomato)  1c LS Tomato Soup  1/2c LS 3 Bean Salad  3/4c Mixed Fruit | Wednesday 13, 2023  3/4c Cheeseburger Macaroni  (3 oz. Beef, .5oz. Cheese,  1/2c Macaroni)  1c Tossed Salad w/  2T FF Italian Dressing  1/2c spinach w/1 tsp margarine  Fresh pear | Thursday 14, 2023  3 oz. Baked Chicken  1/2c Wild Rice w/ 1 tsp margarine  1/2c Asparagus w/ 1 tsp margarine  1/2c NAS Stewed Tomatoes  1/2c Pineapple | Friday 15, 2023  3 oz. LS Lemon Baked Pepper Fish  2 TBSP Tartar Sauce  1c Coleslaw w/ 2 TBSP Dressing  1/2c NAS Baked French Fries  1 sl. Cornbread w/ 1 tsp. Margarine  1/2c Apricots |
| Monday 18, 2023  Turkey & Rice Soup  (3 oz. LS Shredded Turkey, 1 oz. LS Chicken Broth,  1/2c Brown Rice)  1/2c NAS Diced Tomato, onion, celery, carrots  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing  6 LS WW Crackers  1/2c Plums | Tuesday 19, 2023  Penne Pasta w/ meat sauce  (1/2c Pasta, 3oz ground beef, 2oz NAS Marinara Sauce)  1c Tossed salad w/ 2 TBSP FF ranch dressing  1c Italian blend vegetables  Garlic Bread  Orange | Wednesday 20, 2023  Red Chile Posole  (3 oz. Pork, 1/4c Red Chile, 1/2c Hominy)  1c Tossed Salad w/  2T FF Italian Dressing  1 6in Flour Tortilla  1/2c Spiced Peaches | Thursday 21, 2023  3 oz. Roast Beef  1/2c LS Mashed Potatoes w/  2 oz. Low Sodium Gravy  1/2c Green Beans  1 WW Roll w/ 1 tsp. Margarine  1 Sl. White Cake w/ Coconut Frosting  3/4c Strawberries | Friday 22, 2023  SENIOR CENTER CLOSED  CHRISTMAS HOLIDAY |
| Monday 25, 2023  SENIOR CENTER CLOSED  CHRISTMAS HOLIDAY | Tuesday 26, 2023  3 oz. Lean Pork Chop  1 oz LS Gravy  1/2c parsley Potatoes  1c Chateau Blend Vegetables  1 Wheat roll w/ 1 tsp. Margarine  1/2c Applesauce | Wednesday 27, 2023  Sweet n Sour Chicken  3oz Diced Chicken, 2 TBSP Sauce  1c Steam Brown Rice  1c Winter Blend  Vegetable egg roll  1 Fortune Cookie  1/2c Mandarin oranges | Thursday 28, 2023  Sloppy Joe  (3 oz. Beef, 2 oz. Sauce, 1 Bun, 1/2c Peppers and onions)  1/2c Calabacitas  1/2c Potato Wedges  1oz Sun chips  1/2c Pears | Friday 29, 2023  Black Eyed Pea Soup  (2 oz. Beef, 1/4c Black Eyed Peas, 1/2c Tomato & Onion, 1oz LS Beef Broth)  1/2c Spinach w/ 1 tsp margarine  1 sl. Cornbread w/  1 tsp. Margarine  1/2c Crushed Pineapple w/ 1/2c SF Gelatin |

***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:**  **1** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **4** |
| Calories | 700 or more | 700.3 | 718.9 | 742.9 | 757.1 | 766.8 |
| % Carbohydrates from Calories | 45-55% | 51.1 | 54.8 | 51.5 | 53.3 | 51.8 |
| % Protein from Calories | 15-25% | 23.6 | 20.1 | 22.9 | 21.6 | 23.0 |
| % Fat from Calories | 25-35% | 25.3 | 25.0 | 25.6 | 25.1 | 25.2 |
| Saturated Fat | less than 8g | 7.8 | 6.5 | 6.5 | 7.4 | 6.5 |
| Fiber | 10g or more | 11.3 | 11.7 | 10.1 | 10.1 | 10.0 |
| Vitamin B-12 | .8ug or more | 3.9 | 3.1 | 2.2 | 2.7 | 2.5 |
| Vitamin A | 300ug RAE or more | 1394.5 | 570.5 | 560.7 | 601.7 | 398.3 |
| Vitamin C | 30mg or more | 88.6 | 34.3 | 40.9 | 60.4 | 49.2 |
| Iron | 2.6mg or more | 5.5 | 5.2 | 5.0 | 4.8 | 6.0 |
| Calcium | 400mg or more | 451.0 | 510.3 | 571.3 | 461.2 | 462.2 |
| Sodium | less than 766mg | 705.8 | 738.6 | 648.9 | 764.9 | 753.1 |

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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