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| 8 oz-1% Milk Served With MealsOccasionally We MustSubstitute Food ItemsWe Are Sorry For TheInconvenience  | DINE IN LUNCH11:00 AM TO 1:00 PM |  |  | Friday 1, 20231c Beef Stew(3 oz. Beef, 1 oz .Sauce, 1/2c Potatoes & Carrots)1c Tossed Salad w/ 2T FF Ranch Dressing1 Wheat bread w/ 1 tsp margarine1/2c Vegetable Medley w/ 1 tsp unsalted butter 1/2c Light Tropical Fruit Salad  |
| Monday 4, 2023Hot Dog(1 oz. Frank,1 Bun)1c Baby Carrots & Green Beans1/2c sliced apple1/2c LS Ranch Beans 1/2c Greek Nonfat Vanilla Yogurt  | Tuesday 5, 2023Swedish Meat Balls(3oz meatball, 1oz Sauce)1/2c Egg Noodle1c California Blend Vegetables 1 Sl. Wheat Bread w/ 1 tsp. Margarine1/2c Pears | Wednesday 6, 20233 oz. Chicken Nuggets2 TBSP BBQ Sauce1/2c Beets1c Pasta Salad (1/2c Pasta, 1/2c Vegetables)1/2c Peaches | Thursday 7, 2023Meat & Bean Burrito(2 oz. Beef, 1/4c LS Pinto Beans, 1oz Red Chile, 1 6 in Tortilla)1c Capri Vegetables 1/2c LS Spanish Rice1/2c Fruit Cocktail  | Friday 8, 2023Clam Chowder(3 oz. Clams)1/2c Brussel Sprouts1c Tossed Salad w/ 2T FF Ranch Dressing6 Wheat Crackers1c Fruit Salad  |
| Monday 11, 2023Chicken Tetrazzini(3 oz Chicken, 1 oz. Sauce, 1/2c Mushroom & Onion, 1/2c Noodles)3/4c Broccoli1 Sl. Wheat Bread w/ 1 tsp. Margarine1c Grapes | Tuesday 12, 2023Turkey & Cheese Sandwich(2 oz. Turkey 1 oz Swiss Cheese, 2 sl. Wheat Bread, 1/2c romaine lettuce, 2 slices tomato)1c LS Tomato Soup1/2c LS 3 Bean Salad 3/4c Mixed Fruit  | Wednesday 13, 20233/4c Cheeseburger Macaroni(3 oz. Beef, .5oz. Cheese, 1/2c Macaroni)1c Tossed Salad w/ 2T FF Italian Dressing1/2c spinach w/1 tsp margarineFresh pear | Thursday 14, 20233 oz. Baked Chicken1/2c Wild Rice w/ 1 tsp margarine1/2c Asparagus w/ 1 tsp margarine 1/2c NAS Stewed Tomatoes1/2c Pineapple | Friday 15, 20233 oz. LS Lemon Baked Pepper Fish2 TBSP Tartar Sauce 1c Coleslaw w/ 2 TBSP Dressing1/2c NAS Baked French Fries 1 sl. Cornbread w/ 1 tsp. Margarine1/2c Apricots |
| Monday 18, 2023Turkey & Rice Soup(3 oz. LS Shredded Turkey, 1 oz. LS Chicken Broth, 1/2c Brown Rice)1/2c NAS Diced Tomato, onion, celery, carrots1c Tossed Salad w/ 2 TBSP FF Ranch Dressing6 LS WW Crackers1/2c Plums | Tuesday 19, 2023Penne Pasta w/ meat sauce(1/2c Pasta, 3oz ground beef, 2oz NAS Marinara Sauce)1c Tossed salad w/ 2 TBSP FF ranch dressing1c Italian blend vegetablesGarlic BreadOrange | Wednesday 20, 2023Red Chile Posole(3 oz. Pork, 1/4c Red Chile, 1/2c Hominy)1c Tossed Salad w/ 2T FF Italian Dressing1 6in Flour Tortilla1/2c Spiced Peaches  | Thursday 21, 20233 oz. Roast Beef1/2c LS Mashed Potatoes w/2 oz. Low Sodium Gravy1/2c Green Beans1 WW Roll w/ 1 tsp. Margarine1 Sl. White Cake w/ Coconut Frosting 3/4c Strawberries | Friday 22, 2023SENIOR CENTER CLOSEDCHRISTMAS HOLIDAY |
| Monday 25, 2023SENIOR CENTER CLOSEDCHRISTMAS HOLIDAY  | Tuesday 26, 20233 oz. Lean Pork Chop1 oz LS Gravy1/2c parsley Potatoes1c Chateau Blend Vegetables 1 Wheat roll w/ 1 tsp. Margarine1/2c Applesauce  | Wednesday 27, 2023 Sweet n Sour Chicken3oz Diced Chicken, 2 TBSP Sauce1c Steam Brown Rice1c Winter BlendVegetable egg roll 1 Fortune Cookie1/2c Mandarin oranges  | Thursday 28, 2023Sloppy Joe(3 oz. Beef, 2 oz. Sauce, 1 Bun, 1/2c Peppers and onions)1/2c Calabacitas 1/2c Potato Wedges1oz Sun chips1/2c Pears  | Friday 29, 2023Black 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 margarine1 sl. Cornbread w/ 1 tsp. Margarine1/2c 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.

 Constance Rudnicki MS, RDN, LD