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| --- | --- | --- | --- | --- |
| **MONDAY 3, 2022**  **3oz LS Baked Fish**  **1/2c Scalloped Potatoes**  **1c Malibu Blend Veggies**  **1 wheat Roll**  **1/2c Cinnamon Spiced Apples** | **TUESDAY 4, 2022**  **4oz Swedish Meatballs**  **over 1/2c Noodles**  **1c Italian Veggies**  **Garlic Bread**  **1/2c Bananas in 1/2c LF Vanilla Pudding** | **WEDNESDAY 5, 2022**  **5oz Chicken Cordon Bleu**  **1c Broccoli & Cauliflower**  **1/2c LS Rice Pilaf**  **1/2c Strawberries on Shortcake(biscuit) ,** | **THURSDAY 6, 2022**  **Soft Beef Taco**  **(3oz beef, flour tortilla, 1/2c lettuce, 1/3c tomatoes, .5oz cheese, 1 oz Salsa)**  **1/2c LS Chile Beans**  **1c Calabacitas**  **1/2C Pineapple Tidbits** | **FRIDAY 7, 2022**  **BBQ Chicken**  **(3oz Chicken, 1 oz LS Barbecue Sauce)**  **1/2c LS Baked Beans**  **1/2c Steamed Corn**  **1/2c Coleslaw w/ 1 TBSP dressing**  **Cornbread**  **Fresh Pear** |
| **MONDAY 10, 2022**  **ALL**  **CENTERS**  **CLOSED** | **TUESDAY 11, 2022**  **2oz Lite Sausage**  **1/2c Buttered Carrots w/ 1/4c White Beans**  **1/2c Parsley Potatoes**  **Wheat Roll**  **Fresh Apples** | **WEDNESDAY 12, 2022**  **Chicken Provencal**  **(3oz Chicken, 1oz Veggie Topping)**  **1/2c White Rice**  **1C Spinach & Onions**  **Wheat Roll**  **1/2c Sherbet** | **THURSDAY 13, 2022**  **Pork Tamale**  **(1oz Masa, 3oz Pork)**  **with 1 oz Red Chie Sauce**  **1/2c LS Refried Beans**  **1/2c LS Mixed Veggies**  **1/2c Plums** | **FRIDAY 14, 2022**  **Teriyaki Chicken**  **(3oz Chicken, 2oz Teriyaki Sauce)**  **1/2c LS Fried Rice**  **1c Asian Veggies**  **Wheat Roll**  **1 Fortune Cookie**  **Fresh Orange** |
| **MONDAY 17, 2022**  **3oz Pork Chop**  **2oz Pork Gravy**  **½ Baked Potato w/1 tsp margarine**  **1c California Veggies**  **Wheat Roll w/ 1 tsp margarine**  **1/2c Apricots** | **TUESDAY 18, 2022**  **5oz Pepper Steak, 3oz Beef, 4oz Peppers/sauce**  **1c brown Rice**  **1c 5 Way Veggies**  **Wheat Roll w/ 1 tsp margarine**  **1/2c Diced Peaches** | **WEDNESDAY 19, 2022**  **1/2c Spaghetti with**  **4oz Meat Sauce**  **1c Italian Veggies**  **1/2c Tossed Salad w/ 1 TBSP Light dressing**  **Garlic Bread**  **4oz Vanilla Nonfat Greek Yogurt w/ 1/2c Cherries** | **THURSDAY 20, 2022**  **3oz Chicken Fried Chicken**  **1/2c Mashed Potatoes**  **2oz LS Pepper Gravy**  **1c Vegetable Medley**  **Wheat Roll w/ 1 tsp margarine**  **1/2c Mixed Fruit in Gelatin** | **FRIDAY 21, 2022**  **4oz LS Baked Tilapia**  **1c Coleslaw w/ 2 TBSP Dressing**  **1/2c LS Rice Pilaf**  **1/2c Brussels Sprouts**  **Wheat Roll w/ 1 tsp Margarine**  **1/2c Lemon Pudding** |
| **MONDAY 24, 2022**  **3oz Baked Chicken**  **2oz LS Chicken Gravy**  **1/2c Buttered Noodles (1 tsp Margarine)**  **1/2c Green Beans**  **1/2c Carrots**  **Wheat Roll**  **1c Strawberries & Bananas** | **TUESDAY 25, 2022**  **4 oz Pork Stir Fry**  **1c Stir Fry Veggies**  **1/2c Seasoned Herbed Rice**  **Wheat Roll**  **Oatmeal Cookie**  **1/2c Mandarin Oranges** | **WEDNESDAY 26, 2022**  **1c Green Chile Chicken Posole**  **(3oz Chicken, 1oz GC, 2oz Posole)**  **1c Capri Vegetables**  **1/2c Pinto Beans**  **Tortilla**  **1/2c LF Vanilla Pudding with Cinnamon** | **THURSDAY 27, 2022**  **Ham & Swiss Cheese Sandwich**  **(2 sl. Wheat bread, 1oz cheese, 2oz LS Lean Ham**  **1/2c lettuce, 2 sl Tomato)**  **1/2c Three Bean Salad**  **1c LS Vegetable Soup**  **Brownie with 1oz Cherry Topping** | **FRIDAY 28, 2022**  **3oz Meatloaf with**  **1oz LS Tomato Sauce**  **1/2c Potatoes Au Gratin**  **1/2c Beet and Onion Salad**  **Wheat Roll**  **1c Tropical Fruit** |
| **MONDAY 31, 2022**  **1c 3oz Chicken & 1/4c Rice Casserole**  **with 1/2c Peas & Carrots**  **1/2c Italian Blend Veget.**  **Wheat Roll**  **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:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **1** |
| Calories | 700 or more | 768.1 | 708.2 | 813.4 | 750.8 | 827.5 |
| % Carbohydrates from Calories | 45-55% | 51.3 | 50.1 | 49.3 | 53.8 | 52.2 |
| % Protein from Calories | 15-25% | 21.4 | 22.3 | 22.7 | 21.1 | 22.2 |
| % Fat from Calories | 25-35% | 27.3 | 27.6 | 28.0 | 25.0 | 25.6 |
| Saturated Fat | less than 8g | 8.0 | 7.6 | 8.0 | 7.6 | 7.2 |
| Fiber | 10g or more | 10.0 | 12.2 | 10.0 | 11.5 | 10.7 |
| Vitamin B-12 | .8ug or more | 2.3 | 1.7 | 3.1 | 1.9 | 2.2 |
| Vitamin A | 300ug RAE or more | 433.3 | 649.3 | 461.1 | 404.3 | 780.9 |
| Vitamin C | 30mg or more | 71.2 | 44.7 | 69.7 | 37.1 | 84.1 |
| Iron | 2.6mg or more | 4.0 | 5.1 | 5.2 | 5.1 | 4.0 |
| Calcium | 400mg or more | 500.5 | 455.1 | 451.1 | 518.3 | 484.6 |
| Sodium | less than 766mg | 679.0 | 757.0 | 755.7 | 765.8 | 750.6 |

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