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| **MONDAY 1, 2023****1c Tossed Salad w/ 2 TBSP Light Italian Dressing****Pineapple Glazed Chicken****(3oz Chicken 1oz Pineapple Glaze, 1/4c Peppers and Onions)****1/2c Brown Rice****1/2c Grilled or Roasted Asparagus w/ 1 lemon wedge****Sweet roll w/ 1 tsp Margarine****1c Grapes** | **TUESDAY 2, 2023****1c Hamburger Beef Stew (3oz Beef, 1/2c Potatoes and Country Blend Vegetables)****1c Tossed Salad w/ 2 TBSP light Italian Dressing****Green Chile Cheese cornbread****Apple** | **WEDNESDAY 3, 2023****4oz 4 Cheese Baked Pasta****(1oz Marinara Sauce, 1/2c Penne Pasta, .5oz Cheese)****1c California Blend Vegetables****3/4c LS White Beans** **1 Garlic Bread****1/2c Fruit Cocktail**  | **THURSDAY 4, 2023****4oz Chicken stir Fry****(3oz Chicken, 1oz Sauce)****1c Stir Fry Vegetables****1/2c Brown rice****1/2c Garden Salad w/ 1 TBSP Light Italian Dressing****Wheat roll** **Orange** | **FRIDAY 5, 2023****GC Cheeseburger****(1oz GC, 3oz Patty, .5oz Cheese, 1/2c Lettuce, 2 slices tomato, 1 slice onion, 1bun)****10 Tater Tots****1c Coleslaw w/ 2 TBSP Dressing****1c Watermelon****1 sugar cookie**  |
| **MONDAY 8, 2023****3oz Country Fried steak****1/2c Mashed Potatoes w/ 2oz LS Gravy****1c Green Beans****1/2c Okra****1 slice Wheat bread w/ 1 tsp margarine****1c Pineapple tidbits** | **TUESDAY 9, 2023****6oz Chicken and Rice Pot pie****(3oz Chicken,1/4c Rice, 1/2c Mixed Vegetables, 1oz Crust) (NO potatoes)****1c Cabbage, Apple and Radish Coleslaw w/ 2 TBSP Dressing** **WW Roll w/ 1tsp margarine****1c Cantaloupe**  | **WEDNESDAY 10, 2023****1c Red Chile Pork Posole****(2oz Red chile, 3oz Pork, 1/2c Hominy)****1c Zucchini and onions****1/2c Garden salad w/ 1TBSP Light Italian Dressing****1 6in Flour tortilla****1/2c Diced Mango** | **THURSDAY 11, 2023****Chef Salad** **(2c Lettuce, 8 baby carrots, 1/4c Cucumbers, 1/4c Red cabbage,10 cherry tomatoes, 1 HB Egg, .5oz Cheese, 2oz LS Turkey Beast)****3 TBSP Light Ranch Dressing** **6 LS WW crackers****1c Fruit Salad**  | **FRIDAY 12, 2023****Chicken Salad Sandwich****(4oz Chicken Salad, 2 slices wheat bread, 1/2c Lettuce, 2 slices tomato)****1/2c Roasted Tomatoes****1/2c LS 7613 Bean salad****1oz Sun Chips****1c mandarin oranges** |
| **MONDAY 15, 2023****Beef Hot Dog** **(1/2 Beef Frank, 1 bun)****10 No added salt baked French fries****½ LS LF Broccoli Salad** **1c Garden Salad w/ 2 TBSP Light Italian Dressing****1/2c Diced Pears**  | **TUESDAY 16, 2023****6oz Red Chile Beef Enchiladas****(1oz Cheese, 1oz RC, 3oz Beef, 2 corn tortillas, 1/2c Lettuce and tomato)****1c Calabacitas****3/4c LS Pinto Beans****3/4c Mixed Fruit**  | **WEDNESDAY 17, 2023****3oz Meatloaf****1/2c Mashed Potatoes, w/ 1oz LS Gravy****3/4c spinach w/ mushrooms** **WW roll, w/ 1 tsp margarine****1/2c SF Gelatin w/ 1/2c Berries** | **THURSDAY 18, 2023****Chicken and Noodles****(3oz Chicken, 1/2c Noodles,****1/2c Peas and Carrots)****1/2c Beet and onion salad****WW roll w/ 1 tsp margarine****1/2c Peaches**  | **FRIDAY 19, 2023****3oz LS Garlic Herb Baked Pork Chop****1/2c LS Rice Pilaf****1/2c Honey Glazed Carrots****1/2c Italian Green Beans****Wheat Roll w/ 1 tsp margarine** **1/2c plums** |
| **MONDAY 22, 2023****Santa Fe Chicken****(3oz Chicken, 2oz Green Chile, 1oz Cheese)****1/4c Chuckwagon Vegetables****1/2c Cilantro-Lime Brown Rice****1c yellow squash w/ diced tomatoes****1/2c Garden Salad w/ 1 TBSP light Dressing****1/2c Spiced Cinnamon Apples** | **TUESDAY 23, 2023****Bean & Cheese Soft Taco****(3/4c LS Pinto Beans, .5oz Cheese, 1 8in Flour tortilla, 1/2c Lettuce and tomato)****2TBSP Picante Sauce****1/2c Spanish Slaw****1/2c Orange sections w/ 1 tsp Cinnamon** | **WEDNESDAY 24, 2023****Frito Pie****(1oz Corn Chips, 3oz Beef, 2oz RC, 1/4c Onions, 1/2c Lettuce and tomato)****1/2c 5 way vegetables w/ 1 tsp margarine****12c LS Cucumber Salad and tomato salad** **1c Cantaloupe and Honeydew** | **THURSDAY 25, 2023****4oz SW Tater tot casserole****3oz Ground beef, 1/4c corn and black beans, 5 tater tots, .5oz cheese.)****1c Tossed Salad w/ 2 TBSP Light Dressing****WW Roll****Banana** | **FRIDAY 26, 2023****Spaghetti w/ Meatballs****(1/2c Spaghetti, w/ 3oz Meatballs)****1c Italian Blend Vegetables w/ 1 tsp margarine****1 slice garlic Bread****1c Pineapple &Mandarin Oranges** |
| **MONDAY 29, 2023****ALL****CENTERS** **CLOSED** | **TUESDAY 30, 2023****3oz Salisbury Steak****1/4c Mushrooms****1/2 c Parslied Potatoes****1/2c Green Beans w/ 1 tsp margarine** **1/2c Tossed Salad w/ 1 TBSP Light Italian Dressing****WW roll w/ 1 tsp Margarine****1c Tropical Fruit salad** | **WEDNESDAY 31, 2023****2oz LS Lean Baked Ham****1/3c Orzo Pasta** **3/4c Roasted Brussel Sprouts w/ 1/4c LS Garbanzo Beans** **1c Spinach Cranberry Salad** **Sweet roll w/ 1 tsp margarine****3/4c Fruit compote (strawberries and peaches)** |  |  |

***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:****2** |
| Calories | 700 or more | 757.9 | 761.1 | 706.0 | 742.3 | 855.8 |
| % Carbohydrates from Calories | 45-55% | 50.5 | 47.7 | 52.6 | 50.6 | 54.1 |
| % Protein from Calories | 15-25% | 22.9 | 21.0 | 21.0 | 20.2 | 15.2 |
| % Fat from Calories | 25-35% | 26.6 | 31.3 | 26.4 | 29.2 | 30.8 |
| Saturated Fat | less than 8g | 7.3 | 7.3 | 6.6 | 7.9 | 6.6 |
| Fiber | 10g or more | 11.4 | 10.4 | 12.1 | 12.1 | 12.7 |
| Vitamin B-12 | .8ug or more | 2.3 | 1.9 | 2.0 | 2.4 | 1.6 |
| Vitamin A | 300ug RAE or more | 460.7 | 602.7 | 818.5 | 533.3 | 534.5 |
| Vitamin C | 30mg or more | 68.4 | 70.8 | 38.8 | 89.7 | 77.0 |
| Iron | 2.6mg or more | 5.2 | 4.8 | 5.4 | 4.9 | 6.7 |
| Calcium | 400mg or more | 537.7 | 478.6 | 504.8 | 543.7 | 503.9 |
| Sodium | less than 766mg | 747.0 | 748.8 | 766.9 | 752.1 | 757.1 |

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