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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