|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  MONDAY 3, 2023Beef Hot Dog w/ Chile(1/2 beef Hot Dog, 1bun, 3oz Chili (2oz Meat, 1oz Sauce)1c Watermelon1/2c LS Three Bean Salad1/2c Baked French Fries 1/2c Apples in Crisp | TUESDAY 4, 2023CLOSED  | WEDNESDAY 5, 2023 8oz Low sodium Pasta Fagioli (3/4c Beans,1/4c pasta)(Meatless)1/2c Tossed Salad w/ 1TBSP Light Italian Dressing1/2c Green beans1/2c SpinachWheat roll 1/2c Pineapple Chunks | THURSDAY 6, 2023Spaghetti w/ Meatballs(1/2 c Spaghetti, 3oz Baked Turkey Meatballs1c Normandy Vegetables1/2c LS Italian Cucumber salad (non-creamy)(cucumbers, tomato and onions with Light Italian Dressing)4 LS WW crackersOrange | FRIDAY 7, 2023Turkey and Cheese Sandwich(1oz Turkey, 1oz Cheese, 1/2c Lettuce, 2 slices of tomato,2 slices wheat bread1c Coleslaw 2 TBSP Dressing1/2c Peaches1/2c Greek vanilla Nonfat vanilla yogurt |
| MONDAY 10, 20233oz Baked Chicken Nuggets1 TBSP Barbecue Sauce3/4c Sweet Potatoes1/2c Roasted CauliflowerWW roll w/ 1 tsp margarine1/2c Diced Pears w/ 1/2c Sugar free Gelatin | TUESDAY 11, 20238oz Green Chile Pork stew(3oz Pork, 1 oz GC, 1/2c Potato)1/2c Beet and Onion Salad1/2c LS Pinto Beans1 6in WW Flour Tortilla1 c Grapes | WEDNESDAY 12, 2023 1/2c Tossed salad w/ 1 TBSP Light Italian Dressing4oz Meatloaf w/ GC1/2c Mashed Potatoes W 2oz LS Gravy1/2c Country Blend1c Honeydew MelonLow Fat Cornbread w/ 1 tsp Margarine | THURSDAY 13, 2023 6oz Waldorf Chicken Salad Wrap(3oz chicken, 1 8n WW flour tortilla 3oz Pecans, cranberries, celery, plain nonfat Greek Yogurt)3/4c Garlic Green Beans w/ ¼c mushrooms w/ 1 tsp margarine1/2c Mandarin oranges w/ 1 tsp Cinnamon1-Oatmeal Cookie  | FRIDAY 14, 2023Sloppy Joe Sandwich(1WW bun, 3oz meat, 1oz Sauce, 1/2c peppers and onions)1c Italian blend vegetables w/ 1 tsp margarine1c Tossed Salad w/ 2 TBSP Light Italian Dressing1/2c Baked Sliced Apples |
| MONDAY 17, 20233oz Country Fried Steak1/2c Herb Roasted Potatoes1c Tossed Salad w/ 2 TBSP light Italian Dressing3/4c Fruit Cocktail1 Wheat roll1 tsp margarine | TUESDAY 18, 2023 RC Beef Enchiladas(1oz RC, 3oz Beef, 2 corn Tortilla, 1/2c lettuce and tomato))1/2c LS Spanish Rice3/4c LS Pinto Beans1 Banana | WEDNESDAY 19, 2023 Cranberry Maple Chicken(3oz Chicken breast, 1oz Cranberry/sauce)3/4c Roasted Brussel Sprouts w/ 1 tsp margarine1c Tossed Salad w/ 2 TBSP Light Italian Dressing1/2c ApricotsWW roll w/ tsp margarine | THURSDAY 20, 2023Chef Salad(1.5c Lettuce, 1oz Tomato, 1oz Shredded carrots, 1oz Red Cabbage, 1oz Cucumbers, 1 HB egg, 1oz LS Ham, 1 oz Chicken)3 TBSP Light Ranch DressingWW Roll w/ 1 tsp margarine1 c Fruit Salad  | FRIDAY 21, 2023Frito Pie(1oz Corn Chips, 3oz Ground beef, 2oz RC, 1/2c Lettuce and tomato)1c Zucchini & Yellow Squash w/ 1 tsp margarine1/2c Spiced Peaches |
| MONDAY 24, 20234oz Salisbury Steakw/ 1/4c Onions and 2oz 1oz Gravy1/2c Cabbage1/2c Broccoli Spear w/ 1tsp MargrineWheat roll w/1 tsp margarine1c Strawberries |  TUESDAY 25, 20238oz 4 cheese spinach lasagna(1oz Cheese , 1/2c pasta, 1/4c Spinach)1c Garden salad w/ 2 TBSP Light Italian DressingWW Roll w/ 1 tsp Margarine1c Cantaloupe | WEDNESDAY 26, 2023BBQ chicken Breast(3oz Chicken, 2 TBSP BBQ Sauce)1/2c LS Baked Beans1c Capri Vegetables1/2c Coleslaw w/ 1 TBSP dressing WW Roll w/ 1 tsp margarine1c Tropical Fruit Salad | THURSDAY 27, 20236oz Southwest Tater Tot Casserole(3oz Ground Beef, 1/4c Tater tots, 2oz black beans, 1oz Cheese)1c Tossed Salad w/ 2 TBSP light Italian DressingOrangeWW Roll w/ 1 tsp margarine | FRIDAY 28, 2023Tuna w/ Egg Sandwich(3oz Light Tuna, 1/8c egg, 1/2c lettuce, 2 slices tomato, 2 slices wheat bread)3/4c Broccoli Grape Salad made with nonfat plain Greek yogurt8 baby carrots1c Mixed Fruit |
| Monday 31, 20233oz lean LS Boneless Country style ribs1 TBSP LS barbecue sauce LS Country Gravy1/2c LS Mashed Potatoes 1c Château Blend Vegetables w/ 1 tsp margarineWheat roll 1c Mandarin oranges& Bananas |  |  |  **1% Milk Served Daily** |  |

 ***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:****4** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****1** |
| Calories | 700 or more | 700.6 | 705.8 | 709.5 | 705.5 | 719.3 |
| % Carbohydrates from Calories | 45-55% | 54.9 | 48.1 | 49.0 | 52.7 | 48.7 |
| % Protein from Calories | 15-25% | 17.6 | 25.6 | 19.7 | 21.4 | 25.0 |
| % Fat from Calories | 25-35% | 27.5 | 26.3 | 31.0 | 25.3 | 26.3 |
| Saturated Fat | less than 8g | 6.7 | 6.2 | 7.1 | 6.5 | 7.6 |
| Fiber | 10g or more | 10.8 | 12.0 | 11.2 | 11.5 | 11.6 |
| Vitamin B-12 | .8ug or more | 1.8 | 2.3 | 2.3 | 2.2 | 4.4 |
| Vitamin A | 300ug RAE or more | 447.2 | 504.0 | 496.1 | 602.4 | 373.8 |
| Vitamin C | 30mg or more | 53.0 | 53.1 | 40.7 | 101.1 | 63.1 |
| Iron | 2.6mg or more | 5.2 | 5.1 | 4.6 | 4.6 | 5.9 |
| Calcium | 400mg or more | 577.5 | 500.2 | 414.6 | 555.4 | 504.8 |
| Sodium | less than 766mg | 751.0 | 748.9 | 762.6 | 759.1 | 577.4 |

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