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| --- | --- | --- | --- | --- |
| 2% Milk served at meals |  | WEDNESDAY 1, 2023  Fish Taco  (3oz LS Cod, 2 corn tortilla, 1/2c Spanish Slaw, 2 TBSP  Salsa)  1/2c LS Black Beans  1/2c Brussel Sprouts w/ 1 tsp unsalted butter  1/2c Apple Slices | THURSDAY 2, 2023  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing  Cheese Tortellini  (1/2c Cheese tortellini)  5oz meat sauce (3oz meat, 2oz NAS Marinara Sauce)  1c Italian Veggies w/ 1 tsp margarine  Garlic Toast  1/2c Mixed Fruit | FRIDAY 3, 2023  5oz Sweet & Sour Pork  (3oz Pork, 2oz Sauce)  1/2c Brown Rice  1c Asian Veggies  Vegetable Egg Roll  1/2c Mandarin Oranges |
| **FRIDAY 6, 2022**  Turkey Cobb Salad  with Boiled Egg & Cheese  (1.5 c shredded romaine lettuce, 1oz Red cabbage, 1oz Shredded carrots, 1 oz Cucumbers, 1/4c Tomatoes, 2oz LS Turkey Breast, 1 hard boiled egg, 2 TBSP FF Ranch Dressing  6 LS WW Crackers  1c Tropical Fruit Salad | TUESDAY 7, 2023  GC Cheese Chicken Bake  (3oz Chicken breast, 1 oz GC, .5oz Cheese)  1/2c Herb Roasted Potatoes  1/2c Green Beans  1 WW Roll  1 Fresh Pear | WEDNESDAY 8, 2023  Sloppy Joe  (WW bun, 3oz meat, 2oz Sauce, 1/2c Peppers and onions)  1c California Veggies w/ 1 tsp unsalted butter  1/2c Coleslaw w/ 1 TBSP Dressing  1/2c Spiced Peaches | THURSDAY 9, 2023  Chicken Salad  (3oz chicken,1/4c celery, walnuts, grapes)  2 slices wheat bread  1/2c Lemon Sauteed Spinach  3/4c LS 3 Bean Salad  1c Strawberries;  1slice Angel Food Cake | FRIDAY 10, 2023  All  Centers  Closed |
| MONDAY 13, 2023  3oz LS Salisbury Steak  1/2c LS Mashed Potatoes  2oz LS Gravy w/ 1/4c Mushrooms  1/2c Sliced Carrots  Wheat Roll  Fresh Orange | TUESDAY 14, 2023  Chicken Fajitas  (3oz chicken, 2 corn tortillas, 1/2c Peppers and onions, 1oz Salsa)  3/4c NAS French Style Green beans  1/2c SF Gelatin w/ 1/2c Berries  1/2c Calabacitas | WEDNESDAY 15, 2023  THANKSGIVING DINNER  3oz LS Turkey Roast  1oz LS Turkey Gravy  1/2c LS Mashed Potatoes  1/4c Bread Stuffing  1/2c Mixed Veggies  1/2c Cranberry Salad  Wheat Roll  1 slice Pumpkin Pie | THURSDAY 16, 2023  Beef & Bean Burrito  with Red Chili Sauce  (2oz Beef, 1/4c LS Pinto beans, 1 8 in flour tortilla, 1 oz RC Sauce)  1/2c LS Spanish Rice  1c Vegetable medley  1/2c Apricots | FRIDAY 17, 2023  Chicken Fettuccine  with Alfredo Sauce  (3oz Chicken breast , 1/2c Fettuccine, 1oz Light Alfredo Sauce)  1c Broccoli & Cauliflower  Wheat Roll  1/2c Pineapple w/ 1/2c SF Gelatin |
| MONDAY 20, 2023  3oz LS Herbed Pork Chops  1/2c LS LF Broccoli Salad  1c Spinach Salad  (1c Spinach, 1/4c red onion, 1/4c cranberries,2 TBSP Light Raspberry Dressing)  1c Grapes | TUESDAY 21, 2023  Egg Salad Sandwich  (2 slices wheat bread, 1/2c Egg salad (1egg), 1/2c Lettuce, 2 slices tomato)  1/2c Cucumber & Tomato Salad w/ 1/2c LS Garbanzo Beans  1/2c peaches in SF Cobbler | WEDNESDAY 22, 2023  Meatball Sub with  Marinara Sauce  (1oz NAS Marinara Sauce, 3oz Turkey Meatballs, .5oz Mozzarella cheese, 1 WW hot dog bun)  1c Mediterranean Blend  1/2c Sliced Apples | THURSDAY 23, 2023  All  Centers  Closed | FRIDAY 24, 2023  All  Centers  Closed |
| MONDAY 27, 2023  Fish Sandwich  (1 bun, 3oz baked battered Fish  1 TBSP Tartar Sauce, 1/2c romaine lettuce)  1c Coleslaw w/ 2 TBSP Dressing  1/2c NAS Stewed Tomatoes  1c Strawberries and bananas | TUESDAY 28, 2023  Red Chili Pork Enchiladas  (3oz Pork, 2 corn tortilla, 1oz RC, .5oz Cheese, 1/2c Lettuce and tomato)  3/4c LS Pinto Beans  1/2c LS LF Broccoli salad  1/2c Mandarin oranges & 1/2c Pineapple | WEDNESDAY 29, 2023  Green Chili Pork Posole  (1oz GC, 3oz pork 1/2c hominy)  1c Capri Veggies  1 6in flour Tortilla  1c Fruit Salad | THURSDAY 30, 2023  3oz Roast Beef  ½c LS Parsley Potatoes  3/4c Carrots, celery, onions  1c Tossed Salad  2 TBSP FF Ranch Dressing  Wheat Roll w/ 1 tsp margarine  1/2c Mixed Fruit |  |

***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: 3** | **Days in Week: 4** | **Days in Week:**  **5** | **Days in Week:**  **3** | **Days in Week: 4** |
| Calories | 700 | 709.8 | 743.3 | 754.0 | 702.3 | 700.9 |
| % Carbohydrates from Calories | 45-55% | 52.2 | 48.4 | 47.6 | 49.6 | 52.5 |
| % Protein from Calories | 15-25% | 22.6 | 25.2 | 23.0 | 22.3 | 19.6 |
| % Fat from Calories | 25-35% | 25.2 | 26.3 | 29.4 | 28.1 | 28.0 |
| Saturated Fat | less than 8g | 7.8 | 7.5 | 8.0 | 7.1 | 8.0 |
| Fiber | 10g | 11.4 | 10.4 | 10.0 | 10.4 | 11.9 |
| Vitamin B-12 | .8ug | 2.5 | 2.4 | 2.3 | 2.2 | 2.3 |
| Vitamin A | 300ug RAE | 425.3 | 422.0 | 506.3 | 390.2 | 467.0 |
| Vitamin C | 30mg | 106.0 | 69.3 | 59.9 | 40.0 | 77.1 |
| Iron | 2.6mg | 4.9 | 5.2 | 4.6 | 5.6 | 4.6 |
| Calcium | 400mg | 453.8 | 476.1 | 472.4 | 536.9 | 451.1 |
| Sodium | less than 766mg | 761.5 | 755.8 | 699.6 | 741.6 | 697.3 |

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