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| --- | --- | --- | --- | --- |
| 2% Milk served at meals  |  | WEDNESDAY 1, 2023Fish Taco(3oz LS Cod, 2 corn tortilla, 1/2c Spanish Slaw, 2 TBSP Salsa)1/2c LS Black Beans1/2c Brussel Sprouts w/ 1 tsp unsalted butter 1/2c Apple Slices  | THURSDAY 2, 20231c Tossed Salad w/ 2 TBSP FF Ranch DressingCheese Tortellini(1/2c Cheese tortellini)5oz meat sauce (3oz meat, 2oz NAS Marinara Sauce)1c Italian Veggies w/ 1 tsp margarineGarlic Toast1/2c Mixed Fruit | FRIDAY 3, 20235oz Sweet & Sour Pork(3oz Pork, 2oz Sauce)1/2c Brown Rice1c Asian VeggiesVegetable Egg Roll1/2c Mandarin Oranges |
| **FRIDAY 6, 2022**Turkey Cobb Saladwith 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 Dressing6 LS WW Crackers 1c Tropical Fruit Salad | TUESDAY 7, 2023GC Cheese Chicken Bake(3oz Chicken breast, 1 oz GC, .5oz Cheese)1/2c Herb Roasted Potatoes1/2c Green Beans1 WW Roll 1 Fresh Pear  | WEDNESDAY 8, 2023Sloppy 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 Dressing1/2c Spiced Peaches  | THURSDAY 9, 2023Chicken Salad(3oz chicken,1/4c celery, walnuts, grapes) 2 slices wheat bread 1/2c Lemon Sauteed Spinach 3/4c LS 3 Bean Salad1c Strawberries; 1slice Angel Food Cake  | FRIDAY 10, 2023AllCenters Closed |
| MONDAY 13, 20233oz LS Salisbury Steak1/2c LS Mashed Potatoes2oz LS Gravy w/ 1/4c Mushrooms1/2c Sliced CarrotsWheat RollFresh Orange | TUESDAY 14, 2023Chicken Fajitas(3oz chicken, 2 corn tortillas, 1/2c Peppers and onions, 1oz Salsa)3/4c NAS French Style Green beans1/2c SF Gelatin w/ 1/2c Berries 1/2c Calabacitas | WEDNESDAY 15, 2023THANKSGIVING DINNER3oz LS Turkey Roast1oz LS Turkey Gravy1/2c LS Mashed Potatoes1/4c Bread Stuffing1/2c Mixed Veggies1/2c Cranberry SaladWheat Roll 1 slice Pumpkin Pie | THURSDAY 16, 2023Beef & Bean Burritowith Red Chili Sauce(2oz Beef, 1/4c LS Pinto beans, 1 8 in flour tortilla, 1 oz RC Sauce)1/2c LS Spanish Rice1c Vegetable medley 1/2c Apricots | FRIDAY 17, 2023Chicken Fettuccinewith Alfredo Sauce(3oz Chicken breast , 1/2c Fettuccine, 1oz Light Alfredo Sauce)1c Broccoli & CauliflowerWheat Roll 1/2c Pineapple w/ 1/2c SF Gelatin  |
| MONDAY 20, 20233oz 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, 2023Egg 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 Beans1/2c peaches in SF Cobbler  | WEDNESDAY 22, 2023Meatball Sub withMarinara Sauce(1oz NAS Marinara Sauce, 3oz Turkey Meatballs, .5oz Mozzarella cheese, 1 WW hot dog bun)1c Mediterranean Blend1/2c Sliced Apples | THURSDAY 23, 2023AllCenters Closed | FRIDAY 24, 2023AllCenters Closed |
| MONDAY 27, 2023Fish Sandwich(1 bun, 3oz baked battered Fish1 TBSP Tartar Sauce, 1/2c romaine lettuce)1c Coleslaw w/ 2 TBSP Dressing1/2c NAS Stewed Tomatoes1c Strawberries and bananas  | TUESDAY 28, 2023Red Chili Pork Enchiladas(3oz Pork, 2 corn tortilla, 1oz RC, .5oz Cheese, 1/2c Lettuce and tomato)3/4c LS Pinto Beans1/2c LS LF Broccoli salad1/2c Mandarin oranges & 1/2c Pineapple  | WEDNESDAY 29, 2023Green Chili Pork Posole(1oz GC, 3oz pork 1/2c hominy)1c Capri Veggies1 6in flour Tortilla1c Fruit Salad  | THURSDAY 30, 20233oz Roast Beef½c LS Parsley Potatoes3/4c Carrots, celery, onions1c Tossed Salad2 TBSP FF Ranch DressingWheat Roll w/ 1 tsp margarine1/2c 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