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| --- | --- | --- | --- | --- |
|  | **8/1/2023** | **8/2/2023** | **8/3/2023** | **8/4/2023** |
| **Occasionally we must substitute a food item. We apologize for any inconvenience.** | **2 oz. Bratwurst Dog** W/ 2oz. Sauerkraut, 4 oz. onions1 hot dog bun)6oz. Black-eyed-Peas8 oz. Broccoli w/ 1 tsp margarine4 oz. Applesauce |  **3oz LS Lemon Pepper Chicken**3 oz. Baked Chicken Breast4 oz. LS Rice Pilaf4 oz. Asparagus8 oz. Salad 2 Tbsp. Light Italian Dressing1 WW Roll w/ 1 tsp margarine8 oz. Honeydew | **3oz. Lean LS Baked Pork Chop**In Mushroom Gravy (4 oz. mushrooms, 2oz LS gravy)6 oz. Green Beans w/ 1 tsp margarine1 Wheat Roll w/ 1 tsp margarine4 oz. Mixed Fruit | **3oz. Lean Hamburger Steak**1oz LS Gravy4 oz. LS Mashed Potatoes4oz Onions4 oz. Carrots4 oz. PeachesCornbread w/ 1 TBSP Honey, 1 tsp margarine |
| **8/7/2023** | **8/8/2023** | **8/9/2023** | **8/10/2023** | **8/11/2023** |
| **Sour Cream Enchiladas**(.5 oz. Cheese, 1T Light Sour Cream, 1/4c Green Chile, 2 Corn Tortillas) 4 oz. Lettuce & tomato.4 oz. Zucchini 1/2c Yellow Squash6 oz. LS Pinto Beans8 oz. Fruit Cocktail | **Chicken Parmesan** (3oz parm crusted Chicken Breast, 1oz NAS Marinara Sauce, .5oz Mozzarella cheese)8 oz. Brown Rice 8 oz. Italian Vegetables w/ 1 tsp margarine8 oz. Tossed Salad w/ 2 TBSP Light Italian Dressing8 oz. Fruit Salad | **8oz Shepard’s Pie**(3oz Ground Turkey, 2 oz. Mashed potatoes, 2 oz. Peas, tomatoes)4 oz. Beets 8 oz. Tossed Salad w/ 2Tbsp. light Dressing.Wheat Dinner Roll w/ 1 tsp margarine4 oz. SF Gelatin 1c Strawberries | **Beef Fajitas**(3 oz. Lean Beef, 4 oz. Peppers & Onions, .5oz. Cheese)4 oz. Lettuce & Tomatoes4 oz. LS Spanish Rice8 oz. California Blend vegetables w/ 1 tsp margarine1 6in Flour Tortilla |  **3 oz. Salisbury Steak**4oz Red Potatoes6 oz. LS 3 Bean Salad 1 WW Roll w/ 1 tsp margarine4 oz. Spiced Peaches |
| **8/13/2023** | **8/14/2023** | **8/16/2023** | **8/17/2023** | **8/18/2023** |
| **3oz. Beef Burgundy**Baked Potato 6 oz. Roasted Brussel Sprouts1 sl. Cornbread 4 oz. Spiced Apples  | **Green Chile Chicken Enchiladas**(3 oz. Chicken, 1 oz. Cheese,2 oz. Green Chili, 2 Corn Tortillas)4 oz. Lettuce & Tomato 8 oz. Pinto Beans3 oz. Cucumber Salad 4 oz. Apricots | **3 oz. Country Fried Steak**4 oz. LS Mashed Potatoes w/1 oz. low Sodium Gravy4 oz. Italian beans1 WW Roll 8 oz. Watermelon  | **3 oz. Chicken Strips**4 oz. Herb Roasted Potatoes4 oz. Spinach 1 Wheat roll 6 oz. berries, w/ 2 TBSP whipped topping | **Pepper Steak**(3 oz. Beef, 2oz peppers and onions4 oz. Steamed Brown Rice8 oz. Stir fry vegetables.Wheat roll 8 oz. mandarin oranges & pineapples  |
| **8/21/2023** | **8/22/2023** | **8/23/2023** | **8/24/2023** | **8/25/2023** |
| **4 oz. Spaghetti** w/ 5 oz. Meat Sauce8 oz. Italian Blend Vegetables8 oz. Tossed Salad w/ 2 TBSP Light Italian Dressing4 LS Crackers 4 oz. Peaches | Stuffed Chicken Breast(3oz. Chicken, 4 oz. Cornbread Dressing)4 oz. Parsley Potatoes4 oz. vegetable medley w/ 1 tsp margarineWheat roll w/ 1 tsp margarine8 oz. Strawberries  | **Stuffed Peppers**(3oz Beef, 1 pepper, 1/3c Rice)1/3c LS Black Beans 6 oz. Broccoli Spears 1 WW Roll 4 oz. Tropical Fruit | **Chicken Fajitas**(3oz. Chicken, 4 oz. Bell Pepper & Onions4 oz. Calabacitas4 oz. LS Spanish Rice4 oz. pears in 4 oz. SF Gelatin | **4oz Meatloaf** 2oz Low Sodium Gravy4 oz. LS Mashed Potatoes4 oz. Mixed Vegetables1 WW Roll 4 oz. Spiced Apples |
| **8/28/2023** | **8/29/2023** | **8/30/2023** | **8/31/2023** |  |
| **Soft Beef Taco**(3oz Beef, 4 oz. Lettuce & tomato, 2 Tbsp. Salsa, 6” flour tortilla)4 oz. LS Pinto Beans4 oz. Spinach4 oz. LS Spanish Rice8 oz. Grapes  | **Cheeseburger/Bun**(3 oz. Beef,.5oz. Cheese, 1 Bun)4 oz Lettuce-2 slices Tomato-1 slice Onion)8 oz. Capri Vegetables 4 oz. NAS French fries 4 oz. Applesauce  | **3oz LS Lemon Pepper Tilapia**8 oz. Zucchini w/ diced tomatoes4 oz. cilantro and 1 TBSP green onion brown riceWheat roll8 oz. Fruit salad |  4 **oz LS Beef Tips**(3oz Beef, 1oz Gravy)4 oz. Noodles4 oz. Cauliflower 8 oz. Sliced Carrots4 oz. Peas & Onions6 oz. Diced Pears | **8 oz. 2% Milk served with meals.****Lunch served daily from****12:00 – 1:00 pm** |

***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:****4** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****4** |
| Calories | 700 or more | 709.0 | 710.0 | 701.4 | 706.5 | 702.0 |
| % Carbohydrates from Calories | 45-55% | 48.9 | 51.4 | 48.8 | 47.7 | 51.2 |
| % Protein from Calories | 15-25% | 22.6 | 21.1 | 25.7 | 22.7 | 22.3 |
| % Fat from Calories | 25-35% | 28.5 | 27.5 | 25.2 | 29.7 | 26.5 |
| Saturated Fat | less than 8g | 7.6 | 7.9 | 8.0 | 8.0 | 8.0 |
| Fiber | 10g or more | 10.9 | 12.4 | 11.5 | 11.0 | 10.9 |
| Vitamin B-12 | .8ug or more | 2.2 | 2.5 | 3.0 | 2.7 | 3.5 |
| Vitamin A | 300ug RAE or more | 530.5 | 472.6 | 357.6 | 374.7 | 556.6 |
| Vitamin C | 30mg or more | 55.7 | 56.4 | 45.6 | 90.9 | 36.0 |
| Iron | 2.6mg or more | 5.2 | 4.5 | 6.0 | 5.1 | 6.0 |
| Calcium | 400mg or more | 424.1 | 488.5 | 512.1 | 414.8 | 482.8 |
| Sodium | less than 766mg | 745.9 | 596.1 | 694.5 | 513.5 | 541.1 |

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