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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. onions  1 hot dog bun)  6oz. Black-eyed-Peas  8 oz. Broccoli w/ 1 tsp margarine  4 oz. Applesauce | **3oz LS Lemon Pepper Chicken**  3 oz. Baked Chicken Breast  4 oz. LS Rice Pilaf  4 oz. Asparagus  8 oz. Salad 2 Tbsp. Light Italian Dressing  1 WW Roll w/ 1 tsp margarine  8 oz. Honeydew | **3oz. Lean LS Baked Pork Chop**  In Mushroom Gravy (4 oz. mushrooms, 2oz LS gravy)  6 oz. Green Beans w/ 1 tsp margarine  1 Wheat Roll w/ 1 tsp margarine  4 oz. Mixed Fruit | **3oz. Lean Hamburger Steak**  1oz LS Gravy  4 oz. LS Mashed Potatoes  4oz Onions  4 oz. Carrots  4 oz. Peaches  Cornbread 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 Squash  6 oz. LS Pinto Beans  8 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 margarine  8 oz. Tossed Salad w/ 2 TBSP Light Italian Dressing  8 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 margarine  4 oz. SF Gelatin  1c Strawberries | **Beef Fajitas**  (3 oz. Lean Beef, 4 oz. Peppers & Onions, .5oz. Cheese)  4 oz. Lettuce & Tomatoes  4 oz. LS Spanish Rice  8 oz. California Blend vegetables w/ 1 tsp margarine  1 6in Flour Tortilla | **3 oz. Salisbury Steak**  4oz Red Potatoes  6 oz. LS 3 Bean Salad  1 WW Roll w/ 1 tsp margarine  4 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 Sprouts  1 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 Beans  3 oz. Cucumber Salad  4 oz. Apricots | **3 oz. Country Fried Steak**  4 oz. LS Mashed Potatoes w/  1 oz. low Sodium Gravy  4 oz. Italian beans  1 WW Roll  8 oz. Watermelon | **3 oz. Chicken Strips**  4 oz. Herb Roasted Potatoes  4 oz. Spinach  1 Wheat roll  6 oz. berries, w/ 2 TBSP whipped topping | **Pepper Steak**  (3 oz. Beef, 2oz peppers and onions  4 oz. Steamed Brown Rice  8 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 Sauce  8 oz. Italian Blend Vegetables  8 oz. Tossed Salad w/ 2 TBSP Light Italian Dressing  4 LS Crackers  4 oz. Peaches | Stuffed Chicken Breast  (3oz. Chicken, 4 oz. Cornbread Dressing)  4 oz. Parsley Potatoes  4 oz. vegetable medley w/ 1 tsp margarine  Wheat roll w/ 1 tsp margarine  8 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 & Onions  4 oz. Calabacitas  4 oz. LS Spanish Rice  4 oz. pears in 4 oz. SF Gelatin | **4oz Meatloaf**  2oz Low Sodium Gravy  4 oz. LS Mashed Potatoes  4 oz. Mixed Vegetables  1 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 Beans  4 oz. Spinach  4 oz. LS Spanish Rice  8 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 tomatoes  4 oz. cilantro and 1 TBSP green onion brown rice  Wheat roll  8 oz. Fruit salad | 4 **oz LS Beef Tips**  (3oz Beef, 1oz Gravy)  4 oz. Noodles  4 oz. Cauliflower  8 oz. Sliced Carrots  4 oz. Peas & Onions  6 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