|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1% Milk used in analysis  Light Italian dressing used in analysis unless otherwise specified  LS=low sodium  NAS=no added salt  WW= whole wheat  SF=sugar free |  | WEDNESDAY 1, 2023  3oz Chicken w/  Fettuccine with Alfredo sauce,  (1/2c Fettucinine,1oz Light Alfredo Sauce)  1c Italian vegetables,  Garlic bread stick  Banana | THURSDAY 2, 2023  8oz Beef Stew  (3oz Beef, 1/2c Vegetables)  Biscuit w/ 1 tsp margarine  1c Tossed salad w/ 2 TBSP Light Dressing  1/2c apples in crisp | FRIDAY 3, 2023  Chicken parmesan sandwich\  (1 bun, 3oz Breaded Chicken Parm Breast)  1oz NAS Marinara Sauce, 1/2c Lettuce,)  1/2c cucumber Salad  3/4c Roasted Brussel Sprouts  1/2c Tossed Salad w/ 1 TBSP light Dressing  1c Plums |
| MONDAY 6 2023  Sweet n sour pork  (3oz Pork, 1 oz Sauce)  1c Brown Rice  1 Vegetable egg roll  1c oriental veg  1/2c Peaches | TUESDAY 7 2023  spaghetti w meat balls  (1/2c Spaghetti, 3oz Meatballs, 1oz NAS marinara sauce)  1c California Bend Vegetables w/ 1 tsp margarine  Garlic bread stick  1/2c Tossed salad w/ 1 TBSP Light Dressing  1c Apricots | WEDNESDAY 8 2023  BBQ Boneless Pork chops  (3oz Pork, 1oz LS Barbecue Sauce)  1/2c Mashed Potatoes w/ 2oz LS Pork Gravy  WW roll w/ 1 tsp margarine  1c 5 way Vegetables w 1 tsp Margarine  1/2c SF 75Gelatin w/ 1/2c Pears | THURSDAY 9 2023  CCC soup?  8oz Green Chile Chicken Stew  (1oz Green Chile, 3oz Chicken, 1/2c Vegetables)  1c Tossed Salad w/ 2 TBSP Light Dressing  biscuit   1/2c Fruit Cocktail | FRIDAY 10, 2023  Fish and Chips  (3oz Fish, 10 NAS French Fries, 2TBSP Tartar Sauce)  1/2c LF Broccoli salad  1/2c Zucchini  WW roll  1 2in Brownies w/ 1/4c Cherries |
| MONDAY 13, 2023  3oz baked chicken drumstick  1/2c Mashed Potatoes w/ 2oz LS Gravy  1/2c Glazed Carrots w/ 1/2c Green Beans  WW Roll  1c Mandarin Oranges | TUESDAY 14, 2023  3oz LS Baked cod (w/ 1 tsp Mrs. Dash, 1 TBSP Tartar Sauce)  1/2c Brown Rice w/ 1 tsp margarine  1c winter blend veg  ww roll  1c Mixed Fruit | WEDNESDAY 15, 2023  3oz Salisbury steak  1/2c parsley Potatoes  1c Country Blend Vegetables  WW Roll  1/2c Butterscotch Pudding | THURSDAY 16, 2023  3oz chicken tenders  1c Roasted Vegetables  1/2c okra w/ NAS diced tomatoes  ww roll  1c Pineapple Tidbits | FRIDAY 17, 20223  2oz corned beef  ½ Baked Potato w/ 1 tsp Margarine, 1 TBSP Sour Cream: 1 oz Cheese  1c Cabbage, carrots  WW Roll  1/2c Lime Sherbet |
| MONDAY 20, 2023  Fried Fish Sandwich  (3oz Fish, 1 TBSP tartar Sauce, 1bun)  1oz potato chips  1/2c 3 Bean Salad  1c Coleslaw w/ 2 TBSP dressing  1c Grapes | TUESDAY 21,2023  6oz Red Chile Beef Enchiladas  (3oz beef, 2oz Red Chile, 1oz Cheese, 2 corn tortillas, 1/2c Lettuce and tomato, 1/4c onion)  1/2c LS Spanish Rice  1/2c LS Pinto Beans  1/2c Spiced Apricots | WEDNESDAY 22, 2023  3oz LS Tilapia 1tsp Mrs. Dash,, 1 TBSP Tartar Sauce  1/2c Oven fried potato,  1c Capri Vegetables  WW roll  3/4c Fruit Salad | THURSDAY 23, 2023  3oz Beef Tips, 2oz LS Gravy  1/2c Mushrooms and Onions  1/2c Egg Noodles  1/2c LS Stewed Tomatoes  w/w roll  1/2c Baked Sliced Apples | FRIDAY 24, 2023  Open Faced Hot turkey sandwich  (3oz LS turkey Breast, 1 slices WW Bread, 1oz LS Gravy  1/2c Mashed Sweet Potatoes  1/2c Peas and Pearl Onions  1/4c Cranberry sauce  1-Pumpkin cookie |
| Monday 27, 2023  BBQ chicken  (3oz Chicken, 1oz LS Barbecue Sauce)  1/2c LS Ranch Beans  1c Coleslaw w/2 TBSP Dressing  1 pc Cornbread  1/2c Tropical fruit | TUESDAY 28,2023  3oz LS Lemon pepper Cod (w/ 1 tsp Mrs. Dash)  1 TBSP Tartar Sauce  1/2c Rice w/ 1/4c Mushrooms  1/2c Asparagus  w/w roll  1/2c Peaches in Cobbler | WEDNESDAY 29, 2023  3oz Chicken fried Steak  2oz LS Brown Gravy  1/2c Buttered New Potatoes  1/2c Succotash  1 2in cornbread  1c watermelon | THURSDAY 30, 2023  1c LS Tomato Soup  Grilled Cheese Sandwich  (2 sl. Wheat bread, 1oz Cheese)  1c Tossed Salad w/ 1/2c Garbanzo Beans  1/2c SF Gelatin w/ 1/2c Berries | FRIDAY 31, 2023  5oz Frito Pie  (3oz beef, 1oz Red Chile, 1/2c Lettuce and tomato, 1/4c Onion, 1oz Corn Chips)  1/2c LS Pinto Beans  1c Corn, Zucchini, Squash  1/2c Diced Mango |

***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:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** |
| Calories | 700 or more | 760.8 | 750.6 | 703.9 | 714.8 | 752.5 |
| % Carbohydrates from Calories | 45-55% | 53.3 | 55.3 | 55.5 | 55.5 | 52.9 |
| % Protein from Calories | 15-25% | 21.0 | 18.8 | 18.9 | 19.0 | 20.9 |
| % Fat from Calories | 25-35% | 25.8 | 25.9 | 25.6 | 25.5 | 26.2 |
| Saturated Fat | less than 8g | 6.6 | 5.9 | 6.3 | 5.9 | 6.7 |
| Fiber | 10g or more | 10.2 | 10.0 | 10.2 | 11.2 | 10.7 |
| Vitamin B-12 | .8ug or more | 2.0 | 1.7 | 1.9 | 2.2 | 2.2 |
| Vitamin A | 300ug RAE or more | 770.6 | 486.2 | 552.4 | 595.9 | 338.9 |
| Vitamin C | 30mg or more | 51.5 | 62.9 | 70.6 | 32.1 | 44.2 |
| Iron | 2.6mg or more | 5.9 | 3.9 | 3.6 | 4.2 | 5.5 |
| Calcium | 400mg or more | 530.5 | 453.2 | 497.6 | 456.7 | 526.3 |
| Sodium | less than 766mg | 756.4 | 747.1 | 746.1 | 584.7 | 757.3 |

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