|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Light Italian dressing used in analysis unless otherwise specified  | **Bison Stew****(3 oz. Beef, 1 oz. Sauce,** **1/4c Carrots, 1/4c Potato****1/4c Tomatoes, 1/4c Celery)****1c Tossed Salad w 2 TBSP Light Dressing****1 Wheat roll****1 Apple** | **Wednesday1,2023****Arroz Con Pollo** **(3 oz. Chicken 1 oz. Sauce,** **1/2c Rice)****1c Tossed Salad w/** **2T Light Dressing** **6 LS WW Crackers****1/2c Apple in Cobbler**  | **Thursday 2, 2023****3oz. Mama's Meatloaf** **1/2c Mashed Potatoes** **1 oz. Low Sodium Gravy** **1/2c Cauliflower** **1c Tossed Salad w/** **2T Low Fat Dressing** **1 Wheat Roll**  **w/** **1 tsp. Margarine****1/2c Tropical Fruit Salad**  | **Friday 3, 2023****1c Pork Chile Stew** **(3 oz. Pork, 2 oz. Green Chile, 1/2c Potato & Onion)****1/2c Green Beans** **1 sl. Cornbread w/ 1tsp Margarine****1/2c Mandarin Oranges**  |
| **Monday 6, 2023****1% Milk** **Carne Con Papas Burrito****(3 oz. Beef, 1 oz. Cheese 2 oz. Red Chile, 1/2c Potato,** **1 8in flour Tortilla)****1/2c cabbage w/ 1 tsp margarine** **1c Plums**  | **Tuesday 7, 2023****1% Milk** **8oz Chicken Posole****(3 oz. Chicken, 1 oz Green Chile, 1/2c Hominy)** **1c Zucchini w/ NAS Diced tomatoes** **1 WW Roll** **1/2c Diced Mango** | **Wednesday 8,2023****1% Milk** **Breakfast** **3 med. Eggs** **1 Wheat Toast** **1 tsp margarine,** **1 oz. Reduced fat Sausage** **1c Potatoes And Onions** **1 orange** | **Thursday 9, 2023****1% Milk** **4 oz. Adovada Pork Chop** **(3oz Lean Pork chop, 2oz Red Chile Sauce)****1c Brown Rice w/ 1 tsp margarine** **1/2c Broccoli** **1/2c Red Bell Peppers****1 6in wheat Tortilla** **1c Fruit Cocktail**  | **Friday 10, 2023****1% Milk** **Bison Stew****(3 oz. Beef, 1 oz. Sauce,** **1/4c Carrots, 1/4c Potato****1/4c Tomatoes, 1/4c Celery)****1c Tossed Salad w 2 TBSP Light Dressing****1 Wheat roll****1 Apple**  |
| **Monday 13, 2023****Chili Dog****(1/2 beef and pork Frank, 3 oz. lean Beef Chili (2oz beef, 1oz red chili),** **1 Bun)****1c Coleslaw w/ 2 TBSP dressing****1/2c Peas & Carrots** **1/2c Apricots**  | **Tuesday 14 2023****3 oz. Chopped Beef Steak** **1/2c Fresh Mashed Potatoes** **1 oz. Low Sodium Gravy** **1/2c Carrots** **1/2c Okra** **1 Wheat Roll**  **1/2c Pears**  | **Wednesday 15, 2023****Cheese Enchiladas****( 1 oz. Cheese, 1 oz. Red Chile, 2 Corn Tortillas)** **1/2c Pinto Beans** **1/2c Cilantro-lime brown rice****1c Tossed Salad w/** **2T Low Fat Dressing** **1/2c Fruit Salad**  | **Thursday 16, 2023****3 oz. Beef & 1/2c Broccoli,** **1 oz. Sauce****1/2c brown rice** **1c Stir Fry Vegetables** **1-Vegetables Egg Roll** **1/2c Peaches**  | **Friday17, 2023****4 oz. Chicken Adovada** **1/2c Spanish Rice** **1c Spinach w/ Mushrooms****1 6 in flour Tortilla****1/2 sl. Pineapple Upside-Down Cake**  |
|  | **Tuesday 21, 2023****1% Milk** **Chili Mac** **(3 oz. Beef, 1 oz. Sauce,** **1/2c Macaroni)****1c broccoli and cauliflower w/ 1 tsp margarine** **1 Biscuit W/ 1 tsp. Margarine****1/2c Strawberries**  | **Wednesday 22, 2023****Tuna Salad Sandwich** **(4 oz. Tuna Salad, 2 sl. Wheat Bread, 1/2c lettuce, 2slices tomato)****1/2c Cucumber Coins** **1/2c Cold Beets** **1/2c Cantaloupe** | **Thursday 23, 2023****1% Milk** **Lean Turkey burger****(4 oz. turkey, .5 oz. Swiss cheese, 1 WW Bun, 1/2c lettuce, 2 slices tomato)** **1c coleslaw w/ 2 TBSP Dressing****1oz Tortilla chips** **1/2c Mixed fruit**  | **Friday 24, 2023****Chili & Beans** **(.5oz. Cheese,** **2 oz. Red Chile, 1c LS Pinto Beans)****1c Tossed Salad w/ 2 TBSP Light Dressing** **1 sl. Cornbread w/ 1tsp margarine****1c berries in 1/2c SF Gelatin** |
| **Monday 27, 2023** **Pork & Cabbage W/ Green Chile****(3 oz. very lean Pork, 2 oz. Green Chile, 1/2c Cabbage)** **1/2c Corn** **1 6in Tortilla****1/2c spiced Pears** **4 squares of Cinnamon Graham crackers**  | **Tuesday 28, 2023****Frito Pies** **(3 oz. Beef, 1/2c Beans,** **2oz Red Chile, 1 oz. Fritos, 1/2c Lettuce, Tomato &** **1/4c Onion)****1/2 c chuckwagon corn** **8 baby carrots****1c Watermelon**  | **All Meals Served****with 8oz. 2% Milk** **Menus subject to change without notice** **Congregate Meal Serving Hour 11:00am - 12:00pm** |  |  |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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:****4** | **Days in Week:****2** |
| Calories | 700 or more | 940.0 | 702.0 | 707.0 | 701.8 | 748.6 |
| % Carbohydrates from Calories | 45-55% | 55.4 | 49.9 | 53.3 | 45.1 | 49.1 |
| % Protein from Calories | 15-25% | 18.5 | 23.1 | 19.2 | 22.4 | 23.3 |
| % Fat from Calories | 25-35% | 26.1 | 27.0 | 27.5 | 32.5 | 27.6 |
| Saturated Fat | less than 8g | 7.8 | 7.9 | 8.0 | 8.0 | 8.0 |
| Fiber | 10g or more | 11.8 | 11.2 | 11.3 | 11.7 | 12.8 |
| Vitamin B-12 | .8ug or more | 2.2 | 2.5 | 2.5 | 2.3 | 2.8 |
| Vitamin A | 300ug RAE or more | 513.6 | 441.3 | 622.4 | 443.8 | 528.8 |
| Vitamin C | 30mg or more | 107.7 | 66.1 | 33.2 | 49.4 | 44.8 |
| Iron | 2.6mg or more | 6.8 | 4.7 | 5.2 | 4.8 | 5.2 |
| Calcium | 400mg or more | 533.1 | 514.3 | 498.0 | 564.6 | 443.8 |
| Sodium | less than 766mg | 669.2 | 752.7 | 708.2 | 715.0 | 572.4 |

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***