|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **Wednesday 1, 2023****Stuffed Chicken Breast****(3 oz. Chicken, 1 oz. Cheese)****1/2c Baked Sweet Potato****1c Capri Mixed Vegetables****1 WW Roll w/ 1 tsp. Margarine****1c Apricots** | **THURSDAY 2, 2023****3 oz. Baked Pork Chop****1/2c LS Rice Pilaf** **1c Mixed Vegetables****1 WW Dinner Roll w/****1 tsp. Margarine****1c Strawberries on** **1 Sl. Pound Cake** | **FRIDAY 3,2023****Cheeseburger****(3 oz. Beef, .5oz Cheese, 1/2c lettuce, 2 slices tomato, 1 slice Onion, 1 Bun)****1/2c French Fries****1/2c Roasted Tomatoes****1c watermelon**  |
| **Monday 6, 2023****3oz. Chicken Fried Chicken****1/2c Potato Salad** **1c California Blend Vegetables****1c Coleslaw w/ 2 TBSP Light Dressing****1 WW Dinner Roll w/** **1 tsp. Margarine****1/2c Pears** | **Tuesday 7, 2023****Soft Beef Tacos****(2 corn tortillas, 3oz Beef, 1 oz cheese)****½ c Lettuce & Tomato** **2oz LS Salsa** **½ c LS Pinto Beans****1 c Squash w/Corn****1c Tropical Fruit** | **Wednesday 8, 2023****4 oz. Beef Steak Ranchero****(3oz Meat, 2oz sauce)****1/2c Roasted Cilantro Potatoes w/ 1 TBSP Olive Oil** **1/2c LS Ranch Style Beans****1 6in Flour Tortilla****1/2c Peaches** | **Thursday 9, 2023****3 oz. Orange Chicken****(3oz chicken, 2oz Sauce)****1/2c Brown Rice****1c Asian Vegetables****1 Vegetable Egg Roll****1/2c low fat Greek Yogurt****1/2c Tapioca Pudding**  | **Friday 10, 2023****Open Roast Beef Sandwich****(3 oz. Beef, 2 oz LS Gravy, 1 sl. WW Bread)****1/2c Mashed Potatoes****1c Green Beans****1/2c fruit Cocktail** |
| **Monday 13, 2023****4 oz. Spaghetti & 4 oz. Meat Sauce****1c Tossed Salad w/ 2 TBS Light Dressing** **1/2c Steamed Broccoli****1 sl. Garlic Bread** **1/2c Applesauce** | **Tuesday 14, 2023****2oz Scrambled Eggs****1oz Reduced Fat Sausage Patty****1/2c Diced Potatoes****1/2c onions/bell peppers** **2oz LS County Gravy****Biscuit** **1c Mixed Fruit** | **Wednesday 15, 2023****3 oz. Tilapia****1 TBSP Tartar Sauce****1c Wild Rice****1c Coleslaw 2 TBSP Dressing****1/2c Gelatin with 3/4c Banana** | **Thursday 16, 2022****4 oz. Meat Loaf****1/2c Garlic Mashed Potatoes****W/2oz. Low Sodium Gravy****1/2c Spinach w/ 1/2c Mushrooms** **1 WW Dinner Roll w/****1 tsp. Margarine****1/2c Peach Cobbler** | **Friday 17, 2023****Frito Pie****(3 oz. Beef, ,5 oz Cheese, 2 oz Red Chile, 1 oz Fritos)****1c Tossed Salad W/****2T Low Fat Dressing****1/2c Corn Salsa****1c Plums** |
| **Monday 20, 2023****President’s Day****“Center Closed”** | **Tuesday 21, 2023****6oz Red Beef Enchiladas****(3oz. Beef, 1 oz. Cheese, 1/4c Red Chile, 2 Corn Tortillas)****1/2c Spanish Slaw****1/2c LS Pinto Beans****1/2c Apricots** | **Wednesday 22, 2023****4oz. LS Beef Tips** **1/2c Mashed Potatoes****3/4c Broccoli****1/2c Sliced Carrots****Buttermilk Biscuit w 1 tsp Margarine** **1/2c LF Vanilla Pudding**  | **Thursday 23, 2023****6oz Spinach Lasagna****(1oz. Cheese, 1/4c Sauce, 1 oz. Spinach, 1/2c Noodles)****1c Italian Vegetables w/ 1/3c LS White Beans****½ garlic bread****3/4c Fruit Salad w/ 1/2c low fat Greek Yogurt** | **Friday 24, 2023****3 oz. Country Fried Steak****1 Baked Potato w/ 1 tsp margarine****1/2c Brussel Sprouts****1WW Dinner Roll w/1 tsp . Margarine****1/2c Berries in 1/2c Gelatin** |
| **Monday 27, 2023****5.5oz GC Chicken Enchiladas****(3oz Chicken, .5oz. Cheese, 1/4c Green Chile, 2 Corn Tortillas)****1/2c Lettuce & Tomato****1c Roasted Beets and Carrots** **1c Mandarin Oranges** | **Tuesday 28, 2023****3 oz. Liver & 1/3c Onions** **1/2c Mashed Potatoes w/****2oz. Low Sodium Gravy****1/2c Braised cabbage w 1/4c green peas** **1 WW Roll w/** **1 tsp. Margarine****1/2c Baked Apple slices** |  |  | **8 oz-1% Milk Served** **With All Meals** |
|  |  |  |  |  |

***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 | 723.7 | 779.2 | 788.1 | 747.1 | 734.5 |
| % Carbohydrates from Calories | 45-55% | 50.6 | 48.2 | 50.7 | 54.0 | 48.3 |
| % Protein from Calories | 15-25% | 20.6 | 24.3 | 20.5 | 20.3 | 25.9 |
| % Fat from Calories | 25-35% | 28.7 | 27.5 | 28.8 | 25.7 | 25.8 |
| Saturated Fat | less than 8g | 7.5 | 7.4 | 7.8 | 7.6 | 7.9 |
| Fiber | 10g | 10.2 | 10.0 | 10.0 | 12.3 | 13.6 |
| Vitamin B-12 | .8ug | 2.2 | 2.8 | 3.0 | 2.1 | 31.2 |
| Vitamin A | 300ug RAE | 811.8 | 390.8 | 492.6 | 746.5 | 4910.6 |
| Vitamin C | 30mg | 46.9 | 70.3 | 56.3 | 52.7 | 72.0 |
| Iron | 2.6mg | 4.0 | 5.0 | 5.9 | 5.4 | 7.0 |
| Calcium | 400mg | 494.2 | 544.5 | 506.8 | 587.0 | 561.3 |
| Sodium | less than 766mg | 756.1 | 662.0 | 747.7d | 755.8 | 654.0 |

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