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| --- | --- | --- | --- | --- |
|  | **TUESDAY 1, 2022****4oz Chicken Tempura****2TBSP Orange Sauce****4oz White Rice****1c Asian Veggies****1-Fortune Cookie****1/2c Mandarin Oranges** | **WEDNESDAY 2, 2022****ASH WEDNESDAY****3oz Baked Tilapia****1/2c Seasoned Rice****1c French Style Green Beans & Corn****1Wheat Roll w2 tsp margarine****4oz Chilled Pears** | **THURSDAY 3, 2022****4 oz Meatloaf****4 oz Potatoes Au Gratin****4 oz Green Peas****4oz Carrot Raisin Salad****1 Wheat Roll w/2 tsp Margarine****4oz Greek lowfat Yogurt** | **FRIDAY 4, 2022****Fish Sandwich****3oz Fish w/ wheat bun****2 TBSP Tartar Sauce****4oz Cucumber & Tomato Salad****1 c Mixed Veggies****1-Hushpuppy****Fresh Apple** |
| **MONDAY 7, 2022****Hot Ham & Cheese Sandwich****(1oz Lean LS Ham, 1 oz Cheese, 2 sl wheat bread)****Lettuce and tomato****6 Tater Tots****1 c Green Beans w/ 1/4c Slivered Almonds****1/2c Pineapple** | **TUESDAY 8, 2022****Carne Adovada Burrito****(2oz Red Chile Sauce, 3 oz Pork, 1 8in Burrito)****Lettuce tomato****1/2c LS Refried Beans****1 c Chuck Wagon Veggies****1/2c Chilled Peaches** | **WEDNESDAY 9, 2022****3 oz LS Turkey Roast****2oz LS Turkey Gravy****4oz Bread Stuffing****1/2c Asparagus****1/2c Tossed Salad w/ 1 TBSP Lt Dressing****Wheat Roll****1/2c LF Tapioca Pudding** | **THURSDAY 10, 2022****Chicken Alfredo****over Fettuccini Noodles****(3oz LS chicken Breast, ½ c Fettuccini, 1/4c Lt, Alfredo Sauce)****1c Broccoli & Cauliflower****1 Garlic Bead****1/2c Apricots** | **FRIDAY 11, 2022****4oz Green Chili Salmon Enchiladas****Lettuce and tomato****1/2c LS Spanish Rice****1/2c LS Pinto Beans****1 Tortilla****1/2c Mixed Fruit** |
| **MONDAY 14, 2022****Beef Tips****over Egg Noodles****(3oz Beef, 1oz LS Gravy, 1/2c Noodles)****1 c Vegetable Medley****Wheat Roll****1/2c Cherries in Cobbler** | **TUESDAY 15, 2022****BBQ Pork Patty****(4oz Pork Patty, 1 TBSP BBQ Sauce )****1 c LS Baked Beans****1/2c Steamed Spinach****1/2c Carrot Raisin Salad****Cornbread****3/4c Fresh Grapes** | **WEDNESDAY 16, 2022****Chicken Fajita with****Fajita Veggies****(4oz Chicken 1/2c Peppers/Onions, 1 flour tortilla)****1/2c LS Refried Beans****1/2c Squash & Corn****1 Apple Turnover** | **THURSDAY 17, 2022****ST. PATRICK’S DAY****Corned Beef****(3oz Lean Brisket)****1/2c Steamed Cabbage****4oz Carrots w/ 1 tsp margarine****Wheat Roll****½ c Lime Jello** | **FRIDAY 18, 2022****6 oz Tuna Casserole****with Noodles****(3oz Tuna, 1/2c Noodles,** **1/2c Peas & Carrots****1/2c Spinach Salad****6 LS Crackers****1c Tropical Fruit Salad** |
| **MONDAY 21, 2022****8 oz Green Chili Pork Posole****With Green Chili Sauce****(3oz Pork, 1/2c Posole)** **3/4c Calabacitas****1Tortilla****1/2c LT Vanilla Ice Cream** | **TUESDAY 22, 2022****Breaded Chicken Sandwich****Garnish****1/2c Coleslaw w/ 1 TBSP Dressing****1 srg Celery & Carrot Sticks****1 oz Lightly Salted Potato Chips****Fresh Pear** | **WEDNESDAY 23, 2022****3oz Lean Boneless Pork Chop****6oz LS Rice Pilaf****1c California Veggies****Wheat Roll****1/2c Peaches in 1/4c LF Cottage Cheese** | **THURSDAY 24, 2022****6 oz Red Chili Beef Enchiladas****(3oz Beef 2 corn torts, 1 oz Red chile)** **1/2c LS Black Bean****1/2c Green Beans****1/2c Tossed Salad w/ 1 TBSP Light Dressing** **Tortilla****Fresh Orange** | **FRIDAY 25, 2022****Egg Salad Sandwich****Croissant****(2 sl wheat bread, 1 HB eggs, lettuce/tomato)** **1/2c Tomato and Cucumber Salad, 1/2c Garbanzo Beans** **1c Three Bean Salad****½ Pickle****1c Fresh Strawberries w/ 5 oz NonFat Vanilla Greek Yogurt**  |
| **MONDAY 28, 2022****3oz Salisbury Steak****1/2c Mashed Potatoes****3oz Mushroom Gravy****(2oz LS Gravy, 1oz Mushrooms)****1/2c Spinach & Onions****Wheat Roll****1/2c Chilled Plums** | **TUESDAY 29, 2022****BBQ Beef Brisket****(3oz Lean LS Brisket, 1 TBSP BBQ Sauce****1/2c LS Baked Beans****1/2c Buttered Carrots (w/ 1 tsp margarine)****½ c Coleslaw w/ 1 TBSP Dressing****Cornbread****Oatmeal Cookie** | **WEDNESDAY 30, 2022****3oz Grilled Chicken Beast****Over1/2c Garlic Noodles****1/2c French Style Green Beans****1/2c Tossed Salad w/ 1 TBSP Dressing** **1 Biscuit****Fresh Banana** | **THURSDAY 31, 2022****1/2c Beef Ravioli with****Meaty 2oz LS Marinara Sauce****3/4c California Veggies****1/3c Spinach Salad****Garlic Toast****1/2c Berries in Cobbler** | **Friday April 1, 2022****Bean & Cheese Burrito****(3/4c LS Beans, 1oz LF Cheese)** **1/2c LS Spanish Rice****1c Chuck Wagon Veggies****1/2c Chilled Apricots** |

***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:****5** |
| Calories | 700 or more | 771.9 | 715.4 | 711.2 | 705.9 | 742.8 |
| % Carbohydrates from Calories | 45-55% | 52.2 | 49.1 | 51.1 | 51.1 | 53.0 |
| % Protein from Calories | 15-25% | 22.1 | 24.6 | 21.7 | 21.7 | 20.5 |
| % Fat from Calories | 25-35% | 25.7 | 26.3 | 27.2 | 27.2 | 26.5 |
| Saturated Fat | less than 8g | 6.4 | 7.5 | 7.9 | 7.9 | 7.8 |
| Fiber | 10g or more | 10..0 | 10.0 | 10.7 | 11.6 | 11.6 |
| Vitamin B-12 | .8ug or more | 2.6 | 1.7 | 2.7 | 2.2 | 2.3 |
| Vitamin A | 300ug RAE or more | 507.6 | 287.8 | 450.9 | 441.5 | 537.4 |
| Vitamin C | 30mg or more | 34.7 | 23.6 | 41.2 | 41.2 | 28.6 |
| Iron | 2.6mg or more | 5.0 | 4.6 | 5.8 | 5.8 | 5.9 |
| Calcium | 400mg or more | 485.9 | 557.6 | 515.7 | 515.3 | 509.6 |
| Sodium | less than 766mg | 754.1 | 753.1 | 679.2 | 675.5 | 753.7 |

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