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|  |  | **Wednesday 1, 2022**  **3 oz. Baked Cod**  **1/2c Carrot Raisin Salad**  **1 med Baked Potato**  **1/2c Green Beans**  **1 sl. Cornbread w/ 1 tsp. Margarine**  **1/2c Peaches in Cobbler** | **THURSDAY 2, 2022**  **GCC Hamburger**  **(3 oz. Beef, 1 oz. Cheese, 1 Bun,**  **1 oz. Green Chile)**  **1/2c Lettuce, Tomato,**  **Onions**  **1/2c Tater Tots**  **1/2c Pork & Beans**  **1/2c Sherbet** | **FRIDAY 3, 2022**  **Sour Cream Enchiladas**  **(3oz. Cheese, 2 Corn tortillas,**  **2 oz. Green Chile,1T Sour Cream)**  **1c Lettuce & Tomato**  **1/2c Spanish Rice**  **1 Oatmeal Cookie**  **1/2c Fruit Cocktail** |
| **MONDAY 6, 2022**  **4 oz. Swiss Steak**  **1/2c Potato Wedges**  **1/2c Peas W/Onions**  **1 Biscuit w/ 1 tsp. Margarine**  **1/2c Applesauce** | **TUESDAY 7, 2022**  **3 oz. Braised Pork Chop**  **W/Gravy & Onions**  **1c 3 Mixed Vegetables**  **1/2c Yams**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Banana Pudding** | **Wednesday 8, 2022**  **Tamale**  **(3 oz. Pork, 1/4c Red Chile,**  **3 oz. Masa)**  **1/2c Pinto Beans**  **1c Green Salad w/**  **2T Low Fat Dressing**  **1 Flour Tortilla**  **1/2c Pears** | **THURSDAY 9, 2022**  **Sloppy Joe**  **(3 oz. Beef, 1 oz. Sauce, 1 Bun)**  **1/4c Pickle & Onion**  **1/2c French Fries**  **1/2c Chateau Blend Vegetables**  **1/2c Pears**  **& Mandarin Oranges** | **FRIDAY 10, 2022**  **Chicken Tetrazzini**  **(3 oz. Chicken, 1oz. Sauce,**  **1/2c Noodles)**  **1c Broccoli & Cauliflower w/**  **1 tsp. Margarine**  **6 Low Sodium Crackers**  **1/2c Diced Pears**  **1/2c Low Fat Yogurt** |
| **MONDAY 13, 2022**  **Pepper Steak**  **(3 oz. Beef, 1/2c Pepper & Onion)**  **1 med Baked Potato w/**  **1 tsp. Margarine**  **1/2c California Vegetables**  **1 Roll w/ 1 tsp. Margarine**  **Peach Crisp** | **TUESDAY 14, 2022**  **Beef Tacos**  **(3 oz. Beef, 1/2c Lettuce & Tomato, 2 Corn Tortillas)**  **1/2c Spanish Rice**  **1/2c Pinto Beans**  **1/2c Tapioca Pudding** | **Wednesday 15, 2022**  **3 oz. Salisbury Steak &**  **1 oz. Low Sodium Gravy**  **1/2c Potatoes Au Gratin**  **1/2c Sliced Carrots**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Plums** | **Thursday 16, 2021**  **Red Beef Enchilada**  **(2 oz. Beef, 1 oz. Cheese, 1 oz. Red Chile, 2 Corn Tortillas)**  **1/2c Lettuce & Tomato**  **1/2c Pinto Beans**  **1/2c Spanish Rice**  **1/2c Apricots** | **FRIDAY 17, 2022**  **3 oz. Corned Beef**  **1/2c Cabbage**  **1/2c Glazed Carrots**  **1 sl. WW Bread w/**  **1 tsp. Margarine**  **1/2c Strawberries & Bananas** |
| **MONDAY 20, 2022**  **4 oz. Sweet N Sour Pork**  **1c Oriental Vegetables**  **1c White Rice**  **1/2c Mandarins Oranges** | **TUESDAY 21, 2022**  **3 oz Chicken Strip**  **2 oz Low Sodium Gravy**  **½ c Mashed Potatoes**  **1 c Carrots**  **1 Biscuit w/**  **½ c Fruit Cocktail** | **WEDNESDAY 22, 2022**  **Beef Fajitas**  **(3oz Beef, 1 oz Cheese)**  **½ c Lettuce & Tomatoes**  **1 Tortilla**  **½ c LS Pinto Beans**  **Apricots** | **Thursday 23, 2022**  **4 oz. BBQ Chicken Thigh**  **1/2c Country Vegetable Blend**  **1/2c Baked Beans**  **1 WW Roll w/**  **1 tsp. Margarine**  **1/2c Peaches** | **FRIDAY 24, 2022**  **4 oz. Beef Tips**  **1/2c Egg Noodles**  **1/2c Salad w/ 2T Low Fat Dressing**  **1/2c Peas & Carrots**  **1/2c Pears**  **1 Oatmeal Cookie** |
| **MONDAY 27, 2022**  **Beef Stroganoff**  **(3 oz. Beef, 1 oz. Sauce,**  **1/2c Noodles)**  **1c Capri Vegetables**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Plums** | **TUESDAY 28, 2022**  **3 oz. Stuffed Pork Chop W/Gravy**  **1/2c Mashed Potatoes**  **1/2c Green Beans**  **1 WW Roll w/ 1 tsp. Margarine**  **1/2c Tropical Fruit** | **Wednesday 29, 2022**  **GC Chicken Enchilada**  **(3 oz. Chicken, 1oz. Green Chile,**  **2 Corn Tortillas)**  **1/2c Pinto Beans**  **6 each Crackers**  **1/2c Pears** | **Thursday 30,2022**  **4 oz. Spaghetti & 4 oz. Meat Sauce**  **1c Tossed Salad w/ 2 TBS Light Dressing**  **1/2c Buttered Corn**  **1 sl. Garlic Bread**  **1/2c Applesauce** | **Friday 31, 2023**  **Country Fried Steak**  **Baked Potato**  **Green Beans**  **1WW Dinner Roll w/1 TBSP . Margarine**  **Peaches In 1/2c Jell -o** |

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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: 5** | **Days in Week: 5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week: 2** |
| Calories | 700 | 897 | 780 | 722 | 833 | 901 |
| % Carbohydrates from Calories | 45-55% | 54.8% | 51.9% | 53.1% | 52.5% | 54% |
| % Protein from Calories | 15-25% | 20% | 20.2% | 21.7% | 21% | 20.6% |
| % Fat from Calories | 25-35% | 25.2% | 28% | 25.2% | 26.5% | 25.4% |
| Saturated Fat | less than 8g | 8g | 7.3g | 8g | 7.9g | 7.5g |
| Fiber | 10g | 14.4g | 11.2g | 12.5g | 13.4g | 17.7g |
| Vitamin B-12 | .8ug | 2.4ug | 2.4ug | 2ug | 2.8ug | 1.6ug |
| Vitamin A | 300ug RAE | 809ug | 667ug | 514.7ug | 500ug | 502.1ug |
| Vitamin C | 30mg | 115.9mg | 41.3mg | 76.2mg | 70.6mg | 103.9mg |
| Iron | 2.6mg | 6.6mg | 5.9mg | 5.1mg | 6.6mg | 7mg |
| Calcium | 400mg | 600.4mg | 411.1mg | 558.1mg | 493.3mg | 517.5mg |
| Sodium | less than 766mg | 635.2mg | 539.2mg | 623.2mg | 600.9mg | 424.1mg |

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.

Jennifer Pas, RD, LD