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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