|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday 2, 2023**Closed | **Tuesday 3, 2023**Chile Beans(4 oz beans, 1 oz chile, 1 oz cheese)1c spinach salad 1/4c Red onion8 cherry tomatoes1/4c Cucumbersw/ 2 TBSP Light Ranch Dressing1 slice cornbread1 Sugar cookie½c fruit cocktail  | **Wednesday 4, 2023**3oz chicken fried steak4 oz mashed potatoes/ 2oz LS Gravy4 oz corn1 WW Roll1/2c cherry in cobbler | **THURSDAY 5, 2023**4 oz Spaghetti5 oz sauce (3oz meat, oz sauce)1c Italian vegetables4 oz garden salad w/ 1T dressing1 breadstick | **FRIDAY 6, 2023**Chicken Pot Pie 3oz chicken4oz mixed vegetables in entrée4oz tossed salad w 1 TBSP Light Dressing1 med banana 1 biscuit1% Milk  |
| **MONDAY 9, 2022**Chicken Stir Fry(3 oz chicken, 4 oz vegetables, 1oz sauce)4 oz brown rice 1/4c dry chow mein noodles4 oz mandarin oranges | **TUESDAY 10, 2023**8 oz shepard’s pie(3 oz ground beef, 3, oz vegetables,4 oz mashed potatoes)4 oz carrot raisin salad1 WW roll 1 oatmeal raisin cookie | **WEDNESDAY 11, 2023**1 enchilada (1 oz cheese, 1 oz red chile, 1 corn tortilla)4 oz LS beans1c Capri Vegetables 4 oz LS Spanish rice1 Strawberry short cake (1/2 Strawberries, 2oz Angel Food Cake) w/ 1 TBSP Whipped Topping | **THURSDAY 12, 2023**Fish and Chips(4 oz breaded fish, 10 NAS French fries)1/2 LS 3 bean salad1 biscuit4 oz fruit salad | **FRIDAY 13, 2023**2 oz. LS Lean Ham 4 oz. Scalloped Potatoes 1c Green Beans w/ 1/3c Slivered Almonds (protein requirement)4 oz. LS Stewed Tomatoes 1 WW roll1/2c Apricot Crisp  |
| **MONDAY 16, 2022**4 oz baked chicken breast4 oz sliced tomatoes1/2c LS Rice Pilaf1c Mediterranean Blend Vegetables w 1 tsp margarine1/2c peachesWheat roll w 1 tsp margarine | **TUESDAY 17, 2023**3oz meatloaf4 oz mashed potatoes w/ 2oz LS Gravy1c California vegetables1 wheat roll w 1 tsp Margarine1/2c LF Banana w/ 1/2c LF Vanilla Pudding  | **WEDNESDAY 18, 2023**4oz sweet and sour pork(3oz Pork, 1oz Sauce)1c Asian Vegetables1c steamed brown rice1/2c SF Gelatin | **THURSDAY 19, 2023**Chicken Adovada(3 oz chicken, 1 oz red chile)1c LS pinto beans1c Calabacitas4 oz LS Spanish rice1 6in Tortilla2oz pecan pie | **FRIDAY 20, 2023**Ham and cheese sandwich2oz LS Lean ham, 1 oz cheese, 2 slices ww bread)4 oz lettuce and slice tomato6 oz LS LF cream of broccoli soup1/2c tapioca pudding w/ 1/2c Cherries  |
| **MONDAY 23, 2022**4oz LS Baked Cod w/ 1 oz Cucumber Dill sauce1/3c Spinach Rice 1c Carrots1 breadstick4 oz vanilla low fat Greek Yogurt1 pear | **TUESDAY 24, 2023**8 oz Pork Posole(3oz Pork 4oz Hominy,1oz GC) 4oz cabbage and onions6 LS WW crackers4 oz gelatin with 1/2c Fruit Cocktail  | **WEDNESDAY 25, 2023**8 oz beef stew (3 oz beef, 4 oz, vegetables, 1 oz sauce)4 oz Beet and Onion Salad1 slice corn bread4 oz berries in cobbler | **THURSDAY 26, 2023**4 oz chicken strips4 oz mashed potatoes/2oz LS gravy1c green beans1 WW roll w/ 1 tsp Margarine1 brownie | **FRIDAY 27, 2023**Green chile cheeseburger(3 oz meat, 1 oz cheese, 1 oz green chile, 1 bun)1/2c,2 slices tomato, 1 slice onion, 2 slices dill pickles1c Capri Vegetables10 NAS French fries4 oz peaches in crisp |
| **MONDAY 30, 2022**Bean Burrito Enchilada Style(6 oz beans, .5oz cheese, 2 oz red chile, 1 flour tortilla)4 oz LS Spanish rice1c vegetable medley1/2cstrawberries/1/4c bananas | **TUESDAY 31, 2023**4 oz pulled pork(3oz Pork, 1 TBSP BBQ Sauce)1/2c sweet potato fries 4 oz chuckwagon corn1 WW Roll w/ 1 tsp margarine2oz apple pie |  |  | 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:****4** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****2** |
| Calories | 700 or more | 723.1 | 725.0 | 707.9 | 762.3 | 749.0 |
| % Carbohydrates from Calories | 45-55% | 49.8 | 52.2 | 53.8 | 49.1 | 55.4 |
| % Protein from Calories | 15-25% | 19.3 | 20.2 | 20.8 | 20.3 | 16.5 |
| % Fat from Calories | 25-35% | 30.9 | 27.5 | 25.4 | 30.6 | 28.1 |
| Saturated Fat | less than 8g | 7.8 | 6.4 | 5.8 | 7.7 | 8.0 |
| Fiber | 10g or more | 10.1 | 10.4 | 11.4 | 10.0 | 17.1 |
| Vitamin B-12 | .8ug or more | 2.2 | 1.8 | 1.7 | 2.7 | 1.2 |
| Vitamin A | 300ug RAE or more | 500.0 | 348.6 | 348.7 | 702.8 | 468.5 |
| Vitamin C | 30mg or more | 32.2 | 39.2 | 55.0 | 32.1 | 33.4 |
| Iron | 2.6mg or more | 5.4 | 4.4 | 4.4 | 5.2 | 5.2 |
| Calcium | 400mg or more | 534.1 | 510.3 | 502.7 | 542.2 | 531.0 |
| Sodium | less than 766mg | 716.3 | 763.7 | 756.0 | 762.9 | 741.6 |

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