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| --- | --- | --- | --- | --- |
| 1% Milk used in analysis Light Italian dressing used in analysis unless otherwise specified LS=low sodiumNAS=no added saltWW= whole wheat SF=sugar free  |  | WEDNESDAY 1, 2023 3oz Chicken w/ Fettuccine with Alfredo sauce,(1/2c Fettucinine,1oz Light Alfredo Sauce)1c Italian vegetables, Garlic bread stickBanana | THURSDAY 2, 20238oz Beef Stew(3oz Beef, 1/2c Vegetables)Biscuit w/ 1 tsp margarine1c Tossed salad w/ 2 TBSP Light Dressing 1/2c apples in crisp  | FRIDAY 3, 2023Chicken parmesan sandwich\(1 bun, 3oz Breaded Chicken Parm Breast)1oz NAS Marinara Sauce, 1/2c Lettuce,)1/2c cucumber Salad3/4c Roasted Brussel Sprouts 1/2c Tossed Salad w/ 1 TBSP light Dressing1c Plums |
| MONDAY 6 2023Sweet n sour pork(3oz Pork, 1 oz Sauce)1c Brown Rice1 Vegetable egg roll1c oriental veg  1/2c Peaches  | TUESDAY 7 2023spaghetti w meat balls(1/2c Spaghetti, 3oz Meatballs, 1oz NAS marinara sauce) 1c California Bend Vegetables w/ 1 tsp margarineGarlic bread stick 1/2c Tossed salad w/ 1 TBSP Light Dressing1c Apricots | WEDNESDAY 8 2023BBQ Boneless Pork chops(3oz Pork, 1oz LS Barbecue Sauce)1/2c Mashed Potatoes w/ 2oz LS Pork GravyWW roll w/ 1 tsp margarine1c 5 way Vegetables w 1 tsp Margarine 1/2c SF 75Gelatin w/ 1/2c Pears   | THURSDAY 9 2023 CCC soup?8oz Green Chile Chicken Stew(1oz Green Chile, 3oz Chicken, 1/2c Vegetables)1c Tossed Salad w/ 2 TBSP Light Dressing  biscuit 1/2c Fruit Cocktail    | FRIDAY 10, 2023 Fish and Chips(3oz Fish, 10 NAS French Fries, 2TBSP Tartar Sauce)1/2c LF Broccoli salad 1/2c Zucchini WW roll1 2in Brownies w/ 1/4c Cherries   |
| MONDAY 13, 20233oz baked chicken drumstick1/2c Mashed Potatoes w/ 2oz LS Gravy1/2c Glazed Carrots w/ 1/2c Green Beans WW Roll 1c Mandarin Oranges   | TUESDAY 14, 20233oz LS Baked cod (w/ 1 tsp Mrs. Dash, 1 TBSP Tartar Sauce)1/2c Brown Rice w/ 1 tsp margarine 1c winter blend vegww roll 1c Mixed Fruit   | WEDNESDAY 15, 20233oz Salisbury steak1/2c parsley Potatoes1c Country Blend Vegetables WW Roll 1/2c Butterscotch Pudding     | THURSDAY 16, 20233oz chicken tenders 1c Roasted Vegetables 1/2c okra w/ NAS diced tomatoesww roll1c Pineapple Tidbits   | FRIDAY 17, 202232oz corned beef½ Baked Potato w/ 1 tsp Margarine, 1 TBSP Sour Cream: 1 oz Cheese1c Cabbage, carrotsWW Roll1/2c Lime Sherbet  |
| MONDAY 20, 2023Fried Fish Sandwich (3oz Fish, 1 TBSP tartar Sauce, 1bun)1oz potato chips1/2c 3 Bean Salad1c Coleslaw w/ 2 TBSP dressing1c Grapes  |  TUESDAY 21,20236oz Red Chile Beef Enchiladas(3oz beef, 2oz Red Chile, 1oz Cheese, 2 corn tortillas, 1/2c Lettuce and tomato, 1/4c onion) 1/2c LS Spanish Rice1/2c LS Pinto Beans1/2c Spiced Apricots | WEDNESDAY 22, 20233oz LS Tilapia 1tsp Mrs. Dash,, 1 TBSP Tartar Sauce1/2c Oven fried potato, 1c Capri VegetablesWW roll 3/4c Fruit Salad   | THURSDAY 23, 20233oz Beef Tips, 2oz LS Gravy1/2c Mushrooms and Onions1/2c Egg Noodles1/2c LS Stewed Tomatoesw/w roll1/2c Baked Sliced Apples     | FRIDAY 24, 2023Open Faced Hot turkey sandwich(3oz LS turkey Breast, 1 slices WW Bread, 1oz LS Gravy1/2c Mashed Sweet Potatoes1/2c Peas and Pearl Onions1/4c Cranberry sauce1-Pumpkin cookie  |
| Monday 27, 2023BBQ chicken (3oz Chicken, 1oz LS Barbecue Sauce)1/2c LS Ranch Beans1c Coleslaw w/2 TBSP Dressing1 pc Cornbread1/2c Tropical fruit    |  TUESDAY 28,20233oz LS Lemon pepper Cod (w/ 1 tsp Mrs. Dash)1 TBSP Tartar Sauce1/2c Rice w/ 1/4c Mushrooms1/2c Asparagus w/w roll 1/2c Peaches in Cobbler | WEDNESDAY 29, 20233oz Chicken fried Steak2oz LS Brown Gravy1/2c Buttered New Potatoes1/2c Succotash1 2in cornbread1c watermelon  | THURSDAY 30, 2023 1c LS Tomato SoupGrilled Cheese Sandwich(2 sl. Wheat bread, 1oz Cheese)1c Tossed Salad w/ 1/2c Garbanzo Beans1/2c SF Gelatin w/ 1/2c Berries    | FRIDAY 31, 20235oz Frito Pie(3oz beef, 1oz Red Chile, 1/2c Lettuce and tomato, 1/4c Onion, 1oz Corn Chips)1/2c LS Pinto Beans1c Corn, Zucchini, Squash 1/2c Diced Mango  |

***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:****3** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** |
| Calories | 700 or more | 760.8 | 750.6 | 703.9 | 714.8 | 752.5 |
| % Carbohydrates from Calories | 45-55% | 53.3 | 55.3 | 55.5 | 55.5 | 52.9 |
| % Protein from Calories | 15-25% | 21.0 | 18.8 | 18.9 | 19.0 | 20.9 |
| % Fat from Calories | 25-35% | 25.8 | 25.9 | 25.6 | 25.5 | 26.2 |
| Saturated Fat | less than 8g | 6.6 | 5.9 | 6.3 | 5.9 | 6.7 |
| Fiber | 10g or more | 10.2 | 10.0 | 10.2 | 11.2 | 10.7 |
| Vitamin B-12 | .8ug or more | 2.0 | 1.7 | 1.9 | 2.2 | 2.2 |
| Vitamin A | 300ug RAE or more | 770.6 | 486.2 | 552.4 | 595.9 | 338.9 |
| Vitamin C | 30mg or more | 51.5 | 62.9 | 70.6 | 32.1 | 44.2 |
| Iron | 2.6mg or more | 5.9 | 3.9 | 3.6 | 4.2 | 5.5 |
| Calcium | 400mg or more | 530.5 | 453.2 | 497.6 | 456.7 | 526.3 |
| Sodium | less than 766mg | 756.4 | 747.1 | 746.1 | 584.7 | 757.3 |

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