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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
|  | **1** | **2** | **3** | **4** |
|  | Sweet & Sour Pork  (3oz Pork, 3oz sauce/vegetables)  3/4c Brown Rice  1c Asian Veggies  Vegetable Egg Roll  1/2c Mandarin Oranges | Red Chile Beef Enchiladas  (3oz beef, 1oz RC, 2 corn tortilla, 1/2c lettuce and tomato, 1oz Cheese)  1/2c LS Pinto Beans  1c Tossed Salad w/ 2 TBSP light Italian Dressing  Orange | Chicken Fettuccine  (3oz Chicken breast, 1/2c Fettuccine, 1oz Light Alfredo Sauce)  1c Cauliflower and Broccoli  Garlic Bread stick  1/2c Apple slices | 3oz Chicken Fried Chicken Breast  2oz LS Chicken Gravy  1/2c LS Mashed Potatoes  1/2c Asparagus  Wheat Roll  3/4c Plums |
| **7** | **8** | **9** | **10** | **11** |
| Spaghetti  with Meat Sauce  (1/2c Spaghetti, 6oz Meat sauce (3oz Beef, 3oz NAS Marinara Sauce)  1c Italian Veggies  1.5c Garden Salad w/ 2 TBSP Light Italian Dressing  Breadstick  Fresh Orange | Chicken Salad  (1/2c Chicken salad, 3oz Diced Chicken, 2 slices wheat bread, 1/2c Lettuce)  1/2c Cold Peas  1/2c Cucumber Tomato Salad  1/2c SF Gelatin w/ 1/2c Fruit Cocktail | Beef Fajita  (3oz Beef, 1/2c Peppers and onions, 6 in Flour Tortilla, 2 TBSP salsa)  1/2c LS Black Beans  1/2c Cilantro lime brown rice  1/2c Diced Mango | Fish Sandwich  (3oz breaded Fish, 1 bun, 1 TBSP tartar Sauce, 1/2c Lettuce, 2slices tomato)  1/3c Baked NAS French Fries  1c Vegetable Medley  banana | Frito Pie  Pinto Beans  (1oz Corn Chips, 2oz RC, 3oz Beef, 1/2c Pinto Beans, 1/2c Lettuce and tomato, 1/4c onion)  1/2c Spanish Slaw  1c strawberries |
| **14** | **15** | **16** | **17** | **18** |
| Lasagna  (3oz beef, 1/2c pasta, 1oz sauce, 1oz cheese)  1c Italian Vegetables  Wheat Roll  1 c Tossed Salad w/ 2 TBSP Light Italian Dressing  1c Honeydew | Green Chile Cheese Chicken Sandwich  (1oz GC, 3oz Chicken breast, 1 bun, .5 oz American cheese,)  1c LS Tomato Soup  1c pasta salad  (1/2c Pasta, 1/2c vegetables)  1c Strawberries and bananas | Sloppy Joes  (3oz meat, 1oz Sauce, 1bun, 1/2c peppers)  1/2c Green Beans  1/2c Corn  Orange | Boneless Carolina Pork Sandwich  (WW Bun, 3oz pulled pork,,1oz BBQ sauce, 1/2c Coleslaw w/ 1 TBSP dressing)  1c LS Cucumber and tomato Salad (non-creamy)  1oz LF cornbread w/ 1 tsp margarine  1c Watermelon | Pepper Steak  (3oz beef, 1oz sauce, 1/2c Peppers and onions)  1/2c LS Brown Rice Pilaf  1c Stir fry vegetables with sugar snap peas  1c Pineapple and mandarin oranges |
| **21** | **22** | **23** | **24** | **25** |
| 1c LS Green Chile Beef Stew  (3 oz. Beef, 1 oz. Sauce,  1/2c Potatoes, 1oz Green Chile, tomatoes)  1c Tossed Salad  2 TBSP Lt Italian Dres.  Wheat roll  ½ c Mandarin oranges | 1 Chicken Fajita  (3 oz. Chicken,  1/2c Peppers and Onions,  1 6in Flour Tortilla, 2 TBSP salsa)  1/2c LS Spanish Rice  1/2c Spinach  1/2c Warm Apple Slices  1/2c Light Nonfat Vanilla yogurt | 3.5oz. Salisbury Steak  1/2c Brown Rice w/  1 oz. Low Sodium Gravy  Wheat roll  1c Capri Vegetables  1/2c Fruit Cocktail  1/2c SF Gelatin | Chef Salad w/Dressing  (1 H.B. Egg, 2oz Chicken, 1c Romaine Lettuce, 1/2c baby Spinach, 1/4c Tomatoes, 1/4c Cucumbers, and 1/4c Red Cabbage, 2 TBSP Light Ranch Dressing)  6 LS Crackers  1c Fruit Salad | Beach Dog  (1oz Beef and pork Hot Dog, Wheat Bun, 1/2c Peppers & Onions)  1c pasta salad  (1/2c pasta, 1/2c Vegetables)  1/2c LS LF Broccoli Salad  1/2c LS Pinto beans  1/2 slice pineapple upside down cake |
| **28** | **29** | **30** | **31** |  |
| Cheeseburger  (3 oz patty, .5 oz slice cheese, 1 bun, 1/2c lettuce, 2 tomato slices, 1 onion slice)  1/2c NAS French Fries  1/2c Cucumber and tomato Salad (non-creamy)  1c Watermelon | 4oz LS Baked Fish w/ 2 TBSP Tartar Sauce  1/2c wild rice w/ 1/2c celery and onions  Wheat Roll w/ 1 tsp margarine  1c Vegetable medley  Banana | Chicken Bow Tie Pasta  3 oz diced chicken, 1/2c pasta, 1 oz NAS Marinara sauce  1c Italian Veggies  1 slice garlic wheat roll w/ 1 tsp margarine  1c Tropical Fruit Salad | Grilled Cheese sandwich  1 oz cheese, 2 ww slices wheat bread  1c LS tomato soup  1/2c Capri Vegetables w/ 1 tsp margarine  1 HB Egg  1c Fruit Salad w/ 4oz nonfat vanilla Greek yogurt |  |

***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: 4** |
| Calories | 700 | 712.5 | 740.0 | 723.7 | 702.3 | 749.0 |
| % Carbohydrates from Calories | 45-55% | 51.1 | 48.0 | 50.7 | 48.7 | 52.5 |
| % Protein from Calories | 15-25% | 23.5 | 22.0 | 24.2 | 21.1 | 22.5 |
| % Fat from Calories | 25-35% | 25.4 | 30.0 | 25.1 | 30.2 | 25.0 |
| Saturated Fat | less than 8g | 7.9 | 8.0 | 8.0 | 8.0 | 8.0 |
| Fiber | 10g | 10.4 | 12.8 | 10.4 | 10.5 | 10.0 |
| Vitamin B-12 | .8ug | 2.1 | 2.9 | 3.1 | 2.4 | 2.7 |
| Vitamin A | 300ug RAE | 375.1 | 315.6 | 427.1 | 525.0 | 309.7 |
| Vitamin C | 30mg | 85.6 | 80.2 | 95.7 | 51.0 | 369.7 |
| Iron | 2.6mg | 4.5 | 5.7 | 6.0 | 5.3 | 4.4 |
| Calcium | 400mg | 472.2 | 436.9 | 543.1 | 483.9 | 552.2 |
| Sodium | less than 766mg | 758.7 | 742.9 | 745.8 | 674.8 | 699.1 |

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 approved on September 9, 2024

Week 1 Taos County Senior Program October 2023

Week 2 Santa Fe Lunch June 2024

Week 3 Santa Fe County October 2023

Week 4 Taos County Senior Program May 2024

Week 5 Taos Senior Center November 2023