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| **MONDAY 3, 2022**Chicken Salad (3 oz. Chicken, 1/2c lettuce,2 slices tomato)1/2c Beet and Onion Salad1/2c Capri Vegetables 1 Wheat Roll w/ 1 tsp. Margarine 1c Apricots | **TUESDAY 4, 2022**3 oz. Salisbury Steak 1/2c Mashed Potatoes w/ 2oz Low Sodium Gravy1c Green Beans, Carrots 1 Wheat Roll w/ 1 tsp. Margarine1/2c Mandarin Oranges | **WEDNESDAY 5, 2022**Chicken Quesadilla(3 oz. Chicken, 1oz. Cheese, 1 6 in Tortilla) 1/2c Roasted Brussels Sprouts 1/2c Corn Salsa 1/2c Pineapple Tidbits  |  **THURSDAY 6, 2022**3 oz. Breaded Pork Chop 1c Buttered Brown Rice w/ 2 tsp margarine1c Broccoli & Cauliflower 1 Wheat Roll w/ 1 tsp. Margarine1/2c Fruit Cocktail | **FRIDAY 7, 2022**Menudo with Posole(3oz. Tripe, 2oz Red Chile, 1/2c LS Posole) 1c Spinach 1/2c LS Pinto Beans1 Tortillas 1/2c Pears  |
| **MONDAY 12, 2022**ALL CENTERS CLOSED |  **TUESDAY 11, 2022**Chili Mac (3 oz. Beef, 1/8c Sauce, 1/2c Macaroni)1c Italian vegetables1 Biscuit w/ 1 tsp. Margarine1 Orange | **WEDNESDAY 12, 2022**Arroz con Pollo (3 oz. Chicken, 1/8c Sauce, 1/2c Rice)1c Tossed Salad w/ 2T Low Fat Dressing6 LS WW Crackers 1/2c Apples in Crisp |  **THURSDAY 13, 2022**4oz. Sweet and Sour Pork 1c Fried Rice 1c Oriental Vegetables1 Vegetable Egg Rolls 1/2c Peaches | **FRIDAY 14, 2022**4oz Frito Pie(3 oz. Beef, 1/8c Red Chile, 1oz. Lightly salted corn chips, 1c Beans)1c (1/3c each Lettuce, Tomato, Onion))1/2c Strawberries on 1 sl yellow Cake  |
|  **MONDAY17, 2022**Beef Stew(3 oz. Beef, 1/8c Sauce, 1/4c Carrots, 1/4c Potato)1/2c Squash1oz. Cornbread1 Banana | **TUESDAY 18, 2022**Tuna Noodle Casserole(3 oz. Tuna, 1 oz Sauce, 1/2c Noodles, 1/2c peas and carrots)1/2c Italian beans 1 Wheat Roll w/ 1 tsp. Margarine | **WEDNESDAY 19, 2022**G.C. Chicken Enchiladas (3 oz. Chicken, 1oz. Cheese, 1/8c Green Chile, 2 Corn Tortillas)1/2c LS Spanish Rice3/4c LS Pinto Beans 1/2c Tossed Salad w/ 1T Low Fat Dressing1c Plums |  **THURSDAY 20, 2022**4oz. Scalloped potatoes Casserole W\ 2oz LS Lean ham1/2c LS Stewed Tomatoes 1 Wheat Roll 1c Fruit Salad w/ 1/3 chopped walnut | **FRIDAY 21, 2022**Breakfast 2 med. Eggs 1 Pancakes, 1 TBSP Maple Syrup1oz. reduced fat Sausage 1c Potatoes and Onions 4oz LS Vegetable Juice 1c Berries  |
| **MONDAY 24, 2025**Hot Dog (1oz. Chicken Frank, 1 Bun)1/2c Coleslaw w/ 1 TBSP Dressing 8 baby carrots and 4 celery 3/4c LS Baked Beans1/2c Tropical Fruit Salad  |  **TUESDAY 25, 2022****Lamb burgers**(3 oz. Lamb, 1 Bun1 sl. Lettuce, 2 slices Tomato 1 sl. Onion 2 slices dill Pickle) 1c Cucumber and Tomatoes10 NSAS French Fries 3/4c Cantaloupe |  **WEDNESDAY 26, 2022**3/4c Sopa De Albondigas (3oz Meatballs, 1/2c Vegetables) 1oz Green Chile 1/2c Tossed Salad w/ 1 TBSP Light Dressing Wheat Roll 1c Diced Mango  | **THURSDAY 27, 2022**Chicken Adovada(3 oz. Chicken, 2oz Red Chile)1/2c Cilantro-Lime Brown Rice 1c Chuckwagon Vegetables 1 Tortilla1/2c Gelatin w/ 1/2c Raspberries  | **FRIDAY 28, 2022**Pork & Cabbage w/ Green Chile(3 oz. Pork, 1/2c Cabbage, 1/4c Green Chile)1/2c Diced Potatoes 1 Wheat Roll w/ 1 tsp. Margarine1/2c Spiced Apples  |
| **MONDAY 31, 2022**Shepard’s Pie(3 oz beef, 3oz. Mashed potatoes), 1oz Red Chile, 1/4c Corn 1/2c Garden Blend Veg. Blend w/ 1 tsp margarine 6 LS WW Crackers1c Tossed Salad w/ 2T Low Fat Dressing1c Watermelon  |  All Meals Served with 8 oz. 2% Low Fat Milk | Rio Arriba seniors program is purchasing fresh fruits & vegetable from our local farmers and utilizing them in the menus  | **Menus subject to change without notice** **Congregate Meal Serving Hour 11:30am - 12:30pm**  |  |

***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:****5** | **Days in Week:****4** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****1** |
| Calories | 700 or more | 702.9 | 811.8 | 732.4 | 704.9 | 759.0 |
| % Carbohydrates from Calories | 45-55% | 49.9 | 50.2 | 50.6 | 54.9 | 52.6 |
| % Protein from Calories | 15-25% | 22.2 | 19.3 | 21.0 | 18.5 | 16.4 |
| % Fat from Calories | 25-35% | 27.9 | 30.5 | 28.3 | 26.6 | 30.9 |
| Saturated Fat | less than 8g | 7.6 | 7.8 | 7.6 | 7.9 | 7.8 |
| Fiber | 10g or more | 12.0 | 11.3 | 10.7 | 11.4 | 15.3 |
| Vitamin B-12 | .8ug or more | 1.9 | 2.2 | 2.5 | 1.9 | 2.2 |
| Vitamin A | 300ug RAE or more | 648.7 | 541.7 | 469.3 | 412.8 | 718.1 |
| Vitamin C | 30mg or more | 40.9 | 54.6 | 36.3 | 76.6 | 56.6 |
| Iron | 2.6mg or more | 5.2 | 5.5 | 4.5 | 4.3 | 5.4 |
| Calcium | 400mg or more | 520.8 | 466.3 | 530.6 | 473.5 | 460.7 |
| Sodium | less than 766mg | 747.2 | 651.8 | 757.7 | 759.6 | 752.6 |

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