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| --- | --- | --- | --- | --- |
| **MONDAY 3, 2022**  Chicken Salad  (3 oz. Chicken, 1/2c lettuce,  2 slices tomato)  1/2c Beet and Onion Salad  1/2c 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 Gravy  1c Green Beans, Carrots  1 Wheat Roll w/ 1 tsp. Margarine  1/2c 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 margarine  1c Broccoli & Cauliflower  1 Wheat Roll w/ 1 tsp. Margarine  1/2c Fruit Cocktail | **FRIDAY 7, 2022**  Menudo with Posole  (3oz. Tripe, 2oz Red Chile,  1/2c LS Posole)  1c Spinach  1/2c LS Pinto Beans  1 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 vegetables  1 Biscuit w/ 1 tsp. Margarine  1 Orange | **WEDNESDAY 12, 2022**  Arroz con Pollo  (3 oz. Chicken, 1/8c Sauce, 1/2c Rice)  1c Tossed Salad w/  2T Low Fat Dressing  6 LS WW Crackers  1/2c Apples in Crisp | **THURSDAY 13, 2022**  4oz. Sweet and Sour Pork  1c Fried Rice  1c Oriental Vegetables  1 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 Squash  1oz. Cornbread  1 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 Rice  3/4c LS Pinto Beans  1/2c Tossed Salad w/  1T Low Fat Dressing  1c Plums | **THURSDAY 20, 2022**  4oz. Scalloped potatoes Casserole W\ 2oz LS Lean ham  1/2c 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 Syrup  1oz. 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 Beans  1/2c Tropical Fruit Salad | **TUESDAY 25, 2022**  **Lamb burgers**  (3 oz. Lamb, 1 Bun  1 sl. Lettuce, 2 slices Tomato  1 sl. Onion 2 slices dill Pickle)  1c Cucumber and Tomatoes  10 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 Tortilla  1/2c 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. Margarine  1/2c 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 Crackers  1c Tossed Salad w/  2T Low Fat Dressing  1c 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