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| DINE IN LUNCH  11:00 AM TO 1:00 PM |  |  | THURSDAY 1, 2024  3/4c Chile Beans  (3 oz. Lean Beef, 1/2c Beans,  2oz Red Chile)  1 sl. LF Corn Bread w/ 1 tsp margarine  1c Zucchini and NAS Diced tomatoes  1/2c Pears | FRIDAY 2, 2024  3 oz. LS Pork Chop  1/2 c LS Brown Rice Pilaf  1/2c 5 way vegetables  1c Tossed Salad w/ 2 TBSP FF Italian Dressing  Banana |
| MONDAY 5, 2024  Ham and Cheese Sandwich  (2 oz. Low Sodium Ham, 1 oz. Swiss Cheese, 1/2c Lettuce, 2 slices Tomato, 2 Sl. Wheat Bread)  1/2c LS Potato salad  1/2c Carrot Raisin Salad  1c Tropical Fruit | TUESDAY 6, 2024  Green Chile Chicken Enchiladas  (3 oz. Chicken, 1oz Green Chile, 2 Corn Tortillas, lettuce and tomato)  1/2c LS Spanish Rice  1/2c Chuckwagon Vegetables  1c Tossed Salad w/  2T FF Ranch Dressing  1/2c Blueberries w/ 1/4c Crisp | WEDNESDAY 7, 2024  1/2c WW Spaghetti w/  5 oz. Meat Sauce  (3oz meat, 2oz sauce)  Wheat roll  1c Italian Vegetables  1/2c Tossed Salad w/  1 TBSP FF Ranch Dressing  2T FF Italian Dressing  1/2c Apricots | THURSDAY 8, 2024  3 oz. LS Lemon Pepper Fish  1/2c Wild Rice w/ 1 tsp margarine  1/2c Brussel Sprouts  1c Coleslaw w/ 2 TBSP Dressing  1/2c Mango | FRIDAY 9, 2024  Open Face Red Chile Burger  (3oz. Beef, .5oz. Cheese,  1oz Red Chile, ½ Bun)  1/2c Hominy  1/2c Tomato and Red onion Salad  1c Strawberries |
| MONDAY 12, 2024  8oz Hamburger macaroni  (3 oz. Beef, 1 oz. Sauce,  1/2c Pasta)  1/2c NAS Stewed Tomatoes  1/2c Green Beans w/1/3c Almonds, w/ 1 tsp margarine  1 wheat roll w/ 1 tsp margarine  ½ c Apple Sauce | TUESDAY 13, 2024  1c LS Chicken Noodle Soup  (3oz.Chicken, 1oz. Broth, 1/2c.Noodle)  1c Cauliflower  1/2c. Beets  4 LS WW Crackers  1/2c Fruit Cocktail | WEDNESDAY 14, 2024  3 oz. LS Baked Salmon  2oz Cucumber dill Sauce  1/2c LS Brown Rice Pilaf  1/2c Asparagus and 1/2c red bell pepper strips  1/4 lemon wedge  1c Coleslaw w/ 2 TBSP Dressing  1 WW Roll w/ 1 tsp. Margarine  1/2c Chocolate Pudding w/1/4c Cherries | THURSDAY 15, 2024  3 oz. Country Fried Steak  1/2c LS Mashed Potatoes w/  2 oz LS Country Gravy  1/2c Baby Carrots w/okra w/ 1 tsp margarine  1 WW Roll w/ 1 tsp. Margarine  3/4c Mixed Fruit | FRIDAY 16, 2024  Tuna Salad Sandwich  (4 oz. Tuna Salad, 2 Sl. Wheat Bread, 1/2c lettuce, 2 slices tomato)  1c NAS Vegetable soup  1/2c LS LF Broccoli Salad  4 LS WW Crackers  1/2c Peaches |
| MONDAY 19, 2024  SENIOR CENTER CLOSED  PRESIDENT’S DAY | TUESDAY 20, 2024  6oz Beef Enchilada Casserole  (3oz. Beef, 1 oz. Cheese, 1/4c Red Chile, 2 Corn Tortillas, 1/2c lettuce and tomato)  1/2c LS Pinto Beans  1/2c Cucumber and tomato salad  1/2c SF Gelatin w/ 1/2c Banana | WEDNESDAY 21, 2024  Chicken Salad Sandwich  (1/2c Chicken Salad (3oz Chicken, celery, grapes, walnuts, cranberries, 1 Wheat bun, 1/2c Lettuce & 2 slices Tomato)  6oz LS Tomato Soup  3/4c Red Cabbage, radish, apple slaw  3/4c Honeydew  6oz Light Vanilla Nonfat Yogurt | THURSDAY 22, 2024  3 oz. Pork Roast  **1/3c Buttered New Potatoes (Yukon gold pots w/margarine and chives**)  1c Kale w/ yellow squash  1/2c Tossed Salad w/  1T FF Ranch Dressing  1 WW Roll w/ 1 tsp. Margarine  1 Fresh Pear | FRIDAY 23, 2024  Shimp Fettuccine Alfredo  (3oz.Shrimp, 1oz.Light Alfredo Sauce, 1/2c Pasta)  1c Broccoli & Cauliflower  Wheat roll  1/2c SF Gelatin w/ 1/2c Berries |
| MONDAY 26, 2024  1/2c Macaroni and Cheese w/Diced Ham  (.5oz. Cheese, 1/3c Macaroni, 1oz LS Ham)  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing, 1/2c Garbanzo beans  1 Sl. Wheat Bread w/ 1 tsp. Margarine  1 Apple | TUESDAY 27, 2024  3 oz. Chicken Breast  2oz LS Gravy, 1/4c Mushrooms  1c Spinach, Cranberry Salad  (1c Spinach, 1 TBSP Cranberry, 1/4c Red Onion)  2 TBSP Light Raspberry Vinaigrette  1/2c Carrots w/ 1 tsp unsalted butter  6 LS WW Crackers  1c Pineapple | WEDNESDAY 28, 2024  French Dip Sandwich  (3 oz. Beef, 1 WW Bun, .5oz. Mozzarella Cheese)  1 oz. Au Jus  1/2c Vegetable Medley w/ 1 tsp margarine  1/2c NAS Baked French Fries  Orange | THURSDAY 29, 2024  4oz. Teriyaki Chicken  (3oz Chicken, 1 TBSP Sauce)  1c Brown Rice  1c Steamed Asian Vegetables  1/2c Mandarin Oranges | 8oz-1% Milk Served with Meals  Occasionally We Must  Substitute Food Items  We Are Sorry For The  Inconvenience |

***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:**  **2** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week**  **4** |
| Calories | 700 or more | 716.6 | 828.2 | 828.2 | 706.8 | 712.0 |
| % Carbohydrates from Calories | 45-55% | 45.5 | 50.7 | 50.7 | 49.6 | 52.3 |
| % Protein from Calories | 15-25% | 26.1 | 20.0 | 20.0 | 24.7 | 21.7 |
| % Fat from Calories | 25-35% | 28.4 | 29.2 | 29.2 | 25.8 | 26.1 |
| Saturated Fat | less than 8g | 7.9 | 7.9 | 7.9 | 6.8 | 7.4 |
| Fiber | 10g or more | 12.6 | 10.2 | 10.2 | 13.1 | 10.2 |
| Vitamin B-12 | .8ug or more | 11.6 | 2.6 | 2.6 | 1.8 | 2.0 |
| Vitamin A | 300ug RAE or more | 471.2 | 523.2 | 523.2 | 366.3 | 570.7 |
| Vitamin C | 30mg or more | 39.4 | 80.9 | 80.9 | 44.8 | 55.9 |
| Iron | 2.6mg or more | 5.4 | 4.4 | 4.4 | 4.1 | 4.2 |
| Calcium | 400mg or more | 488.5 | 541.7 | 541.7 | 583.4 | 483.6 |
| Sodium | less than 766mg | 502.3 | 757.2 | 757.2 | 758.3 | 757.9 |

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 January 16, 2024.