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|   DINE IN LUNCH11:00 AM TO 1:00 PM |  |  | THURSDAY 1, 20243/4c 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, 20243 oz. LS Pork Chop1/2 c LS Brown Rice Pilaf1/2c 5 way vegetables 1c Tossed Salad w/ 2 TBSP FF Italian DressingBanana |
| MONDAY 5, 2024Ham 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 Salad1c Tropical Fruit | TUESDAY 6, 2024Green Chile Chicken Enchiladas(3 oz. Chicken, 1oz Green Chile, 2 Corn Tortillas, lettuce and tomato)1/2c LS Spanish Rice1/2c Chuckwagon Vegetables1c Tossed Salad w/2T FF Ranch Dressing1/2c Blueberries w/ 1/4c Crisp  | WEDNESDAY 7, 20241/2c WW Spaghetti w/5 oz. Meat Sauce(3oz meat, 2oz sauce)Wheat roll 1c Italian Vegetables1/2c Tossed Salad w/1 TBSP FF Ranch Dressing2T FF Italian Dressing1/2c Apricots | THURSDAY 8, 20243 oz. LS Lemon Pepper Fish1/2c Wild Rice w/ 1 tsp margarine1/2c Brussel Sprouts 1c Coleslaw w/ 2 TBSP Dressing  1/2c Mango  | FRIDAY 9, 2024Open Face Red Chile Burger(3oz. Beef, .5oz. Cheese, 1oz Red Chile, ½ Bun)1/2c Hominy1/2c Tomato and Red onion Salad1c Strawberries  |
| MONDAY 12, 20248oz 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 margarine½ c Apple Sauce | TUESDAY 13, 20241c LS Chicken Noodle Soup(3oz.Chicken, 1oz. Broth, 1/2c.Noodle)1c Cauliflower1/2c. Beets4 LS WW Crackers 1/2c Fruit Cocktail  | WEDNESDAY 14, 2024 3 oz. LS Baked Salmon 2oz Cucumber dill Sauce1/2c LS Brown Rice Pilaf1/2c Asparagus and 1/2c red bell pepper strips1/4 lemon wedge1c Coleslaw w/ 2 TBSP Dressing1 WW Roll w/ 1 tsp. Margarine1/2c Chocolate Pudding w/1/4c Cherries | THURSDAY 15, 20243 oz. Country Fried Steak1/2c LS Mashed Potatoes w/2 oz LS Country Gravy1/2c Baby Carrots w/okra w/ 1 tsp margarine 1 WW Roll w/ 1 tsp. Margarine3/4c Mixed Fruit | FRIDAY 16, 2024Tuna 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 Salad4 LS WW Crackers 1/2c Peaches |
| MONDAY 19, 2024SENIOR CENTER CLOSEDPRESIDENT’S DAY | TUESDAY 20, 20246oz Beef Enchilada Casserole(3oz. Beef, 1 oz. Cheese, 1/4c Red Chile, 2 Corn Tortillas, 1/2c lettuce and tomato)1/2c LS Pinto Beans1/2c Cucumber and tomato salad1/2c SF Gelatin w/ 1/2c Banana | WEDNESDAY 21, 2024Chicken 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 Honeydew6oz Light Vanilla Nonfat Yogurt  | THURSDAY 22, 20243 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 Dressing1 WW Roll w/ 1 tsp. Margarine1 Fresh Pear | FRIDAY 23, 2024Shimp Fettuccine Alfredo(3oz.Shrimp, 1oz.Light Alfredo Sauce, 1/2c Pasta)1c Broccoli & CauliflowerWheat roll1/2c SF Gelatin w/ 1/2c Berries |
| MONDAY 26, 20241/2c 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. Margarine1 Apple | TUESDAY 27, 20243 oz. Chicken Breast2oz LS Gravy, 1/4c Mushrooms1c Spinach, Cranberry Salad(1c Spinach, 1 TBSP Cranberry, 1/4c Red Onion)2 TBSP Light Raspberry Vinaigrette1/2c 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 Jus1/2c Vegetable Medley w/ 1 tsp margarine 1/2c NAS Baked French FriesOrange  | THURSDAY 29, 20244oz. Teriyaki Chicken(3oz Chicken, 1 TBSP Sauce)1c Brown Rice 1c Steamed Asian Vegetables 1/2c Mandarin Oranges  | 8oz-1% Milk Served with MealsOccasionally We MustSubstitute Food ItemsWe Are Sorry For TheInconvenience |

***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.