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| All Meals Served With 8oz 1% Milk as available  |  |  |  | FRIDAY 1, 2024Stuffed Portabella Mushrooms(1 Portabella mushroom, 1/8c onion, 1/3c spinach, 2oz NAS marinara sauce, 1TBSP breadcrumbs, 1oz mozzarella cheese) 1/2c Roasted Asparagus1/2c Brown Rice w/ 1 tsp margarineOrange1c Light Vanilla Nonfat Yogurt  |
| MONDAY 4, 2024Sloppy Joe's(1 HB Bun, 3 oz ground beef, 1 oz sauce)1/2c LS Potato salad1/2c Roasted Cauliflower1/2c Spiced Apples | TUESDAY 5, 2024Chicken Salad Sandwich(2 SL WW bread, 3oz chicken, 1 TBSP Mayo, 1/2c celery, 1/4c onion, 1/2c shredded lettuce)1c LS Tomato Soup1/2c Spring Vegetables1c Fruit Salad | WEDNESDAY 6, 2024Honey Garlic Pork Chops(3oz Pork Chop, 2oz glaze)1/2c LS scalloped potatoes1c Winter Blend vegetablesWW Roll1/2c Cherries in Cobbler | THURSDAY 7, 2024Stuffed Peppers w/ Ground Turkey(1/2 Pepper, 3oz Ground Beef, 1/4c rice, 1oz tomato sauce)WW Roll1c Garden Salad w/ 2 TBSP Light Italian Dressing1/2c Carrots1c Grapes  | FRIDAY 8, 2024Crunchy Fish and Slaw Tacp(3oz breaded fish, 1/4c avocado, 2 SL tomato, 2 corn tortillas)1/2c Cilantro Lime Slaw1/2c Black Bean Salad1c Cantaloupe |
| MONDAY 11, 2024 Beef Tips (3oz LS Beef Tips, 2oz LS Gravy, 1/4c Mushrooms) 1/2c LS Mashed Potatoes 1/2c Garlic Green Beans w/ 1 tsp unsalted butter 1/2c mixed fruit  | TUESDAY 12, 2024 Hot Turkey Sandwich (1 SL WW bread, 2oz sliced roasted turkey, 2oz LS Gravy)3/4c Sweet Potatoes w/ 1 tsp unsalted butter 1/2c Beets1 Fresh Pear1/2 c Light Vanilla nonfat yogurt  | WEDNESDAY 13, 2024Hawaiian Chicken(3oz marinated Chicken thigh, 1oz sauce)1c Brown Rice w/ 1 tsp unsalted butter 1c Asian Blend Vegetables1/2 slice pineapple upside down cake1c pineapple tidbits and bananas | THURSDAY 14, 2024Red Chile w/ Pork Meat(2oz Red chile, 3oz pork meat)1 6” flour tortilla1/2c LS Pinto Beans1/2c Spanish slaw1c Diced Mango | FRIDAY 15, 2024Coconut Shrimp(3oz coconut shrimp,1 oz cocktail sauce)1/2c roasted broccoli1/2c grits w/ 1 tsp unsalted butter 1/2c NAS Baked French Fries 1c Mandarin Oranges w/ Cinnamon |
| MONDAY 18, 2024Corned Beef and Cabbage(3oz corned beef, 1/2c cabbage)1/2c Red Potatoes1/2c baby carrotsWW Roll1/2c SF Lime Gelatin  | TUESDAY 19, 2024Turkey Pot Pie (3oz turkey, 1oz puff pastry, 1/2c mixed vegetables, 2oz LS cream sauce)1/2c Roasted Cauliflower3/4c Peaches4 cinnamon graham cracker squares  | WEDNESDAY 20, 2024Beef Fajitas(3oz LS marinated flank steak 1 6” tortilla, 1/2c peppers and onions, 1oz shredded cheese, 1/2c lettuce and tomato1/2c LS Beans1c Capri Vegetables1/2c SopaChurro | THURSDAY 21, 2024Smothered Chicken(3oz chicken breast, 1/2c mushrooms, 2 oz LS Gravy)1c Penne Pasta w/ 1 tsp margarineWheat roll 1/2c Roasted Brussel Sprouts1c Fruit Salad | FRIDAY 22, 2024Baja Fish Tacos(2 1.5 broiled fish tenders, 2 6” corn tortillas, 1/2c jalapeno slaw, w/ 1 TBSP Dressing, 1oz mango salsa)1c Zucchini w/ NAS diced tomatoes1/2c Cilantro lime brown rice1/2c Grape Salad |
| Monday 25,2024Loaded Baked Potato (1 potato, 1 tsp margarine, 1 TBSP Sour Cream, 1 tsp chives, 1/2c Broccoli, 1oz Cheese, 1 slice reduced sodium Bacon, 2 TBSP Salsa) 1/2c Tomato Cucumber Salad4 WW Crackers1c Light nonfat Vanilla Yogurt1c Strawberries and Blueberries | Tuesday 26, 2024Red Beef Enchilada (2oz Red chile, 2oz ground beef, 2 corn tortillas, 1/4c onions, 1oz shredded cheese, 1/2c Lettuce and tomatoes)1/2c LS Ranch Beans1/2c Calabacitas1/2c Spiced Pears | Wednesday 27, 2024Chicken Flautas(3 oz LS Diced chicken, 2 corn tortillas, 1/2c lettuce and tomato, 1/4c Avocado)1c California blend vegetables1/2c LS Spanish Rice1/2c LS Black Beans1/2c Fat free lemon Pudding | Thursday 28, 20243oz Meatloaf1/2c Roasted Asparagus1/2c Peas and CarrotsWW RollOrange | Friday 29, 2024Eggplant Parmesan(1/2c breaded eggplant, 1oz NAS marinara sauce, 1oz mozz cheese)1/2c Spaghetti w/ 1oz NAS Marinara1c Italian VegetablesWheat roll 1c Light Vanilla nonfat yogurt1/2c Apricots |

***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:****1** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** |
| Calories | 700 or more | 716.8 | 769.7 | 749.9 | 753.1 | 762.7 |
| % Carbohydrates from Calories | 45-55% | 53.7 | 50.4 | 54.0 | 48.5 | 53.8 |
| % Protein from Calories | 15-25% | 19.7 | 20.9 | 18.1 | 22.8 | 20.5 |
| % Fat from Calories | 25-35% | 26.7 | 28.6 | 27.9 | 28.7 | 25.7 |
| Saturated Fat | less than 8g | 6.6 | 6.9 | 7.7 | 7.4 | 8.0 |
| Fiber | 10g or more | 11.9 | 10.7 | 10.2 | 10.0 | 15.1 |
| Vitamin B-12 | .8ug or more | 1.6 | 2.2 | 1.9 | 1.9 | 2.0 |
| Vitamin A | 300ug RAE or more | 584.9 | 493.9 | 386.6 | 431.2 | 403.5 |
| Vitamin C | 30mg or more | 85.7 | 69.8 | 69.8 | 50.1 | 62.9 |
| Iron | 2.6mg or more | 6.3 | 5.5 | 3.7 | 4.5 | 5.1 |
| Calcium | 400mg or more | 930.4 | 495.6 | 449.6 | 465.2 | 693.9 |
| Sodium | less than 766mg | 747.1 | 763.9 | 765.0 | 759.6 | 728.6 |

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 approved on February 27, 2024