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| **Monday 1, 2024****SENIOR CENTER CLOSED****NEW YEAR’S HOLIDAY** | Tuesday 2, 2024Frito Pie(3 oz. Beef, 2 oz Red Chile, 1 oz. Corn Chips )1/2c LS Pinto Beans1c Tossed Salad w/2T FF Ranch Dressing8 Baby Carrots1/2c Applesauce | Wednesday 3, 20244 oz LS BBQ Beef Brisket(3oz Brisket, 2 TBSP BBQ Sauce½ c LS Baked Beans1c Coleslaw w/ 2 TBSP Dressing**1/3c Carrot Raisin Salad**Wheat roll  | Thursday 4, 20241c Chicken A La King(3 oz. Chicken, 1oz. Sauce, 1/2c Veggies)1/2c Steam Brown Rice1/2c Cauliflower 1 Sl. WW Bread w/ 1 tsp. Margarine 1/2c Peach in Crisp | Friday 5, 20244 oz. Pork Carne Adovada(3oz Pork, 2oz RC Sauce)1c Yellow Squash w/Onion1/2c LS Spanish Rice1 6in Flour Tortilla1c Tropical fruit Salad |
| Monday 8, 2024Chili Dog(1 oz. Frank, 3 oz. Beef Red Chili, 1 Bun)1/2c German style Potato salad1c Capri Vegetables 1/2c Fruit Cocktail  | Tuesday 9, 20244 oz. Swedish Meat Balls(3oz Meatballs, 1oz Sauce)1/2c Egg Noodle1/2c Mushrooms 1/2c Succotash 1 Sl. Wheat Bread w/ 1 tsp. Margarine1/2c Pears | Wednesday 10, 20243 oz. Baked Chicken Nuggets1 TBSP LS BBQ Sauce1/2c Beets1/2c NAS Baked French Fries 1 Sl. Wheat Bread w/ 1 tsp. Margarine1/2c Mixed Fruit  | Thursday 11, 2024Meat & Bean Burrito(3 oz. Beef, 1 oz Red Chile, 1/2c Beans, 1 6 in. Tortilla)1/2c Broccoli 1/2c Tossed Salad w/1T FF Italian Dressing1/2c LS Spanish Rice1/2c Diced Mango | Friday 12, 20243/4c Clam Chowder(3 oz. Clams)1/2c Roasted Brussel Sprout1c Tossed Salad w/2T FF Ranch Dressing6 LS WW Crackers1/2c SF Gelatin w/ 1/2c Banana |
| Monday 15, 2024SENIOR CENTER CLOSEDMARTIN LUTHER KING BIRTHDAY | Tuesday 16, 2024Ham & Cheese Sandwich(2oz. Low Sodium Lean Ham, 1 oz. Swiss Cheese, 2 slices wheat Bread)3/4c LS Tomato SoupPlain Baked Potato w/ 1 tsp margarine & 2 TBSP FF Sour Cream 1/2c Kiwi  | Wednesday 17, 2024Red Chile Cheese Enchiladas(1 oz. Cheese, 1 oz. Red Chile, 2 Corn Tortillas) 1/2c LS Pinto Beans1/2c Lettuce & Tomato1c Broccoli with red peppers 1c Grapes | Thursday 18, 20241/6th Spinach & Mushroom Quiche (no crust)(1/2 med. Eggs, 1/4c Spinach, 1/4c Mushrooms, .5oz Cheese)1/2c Tossed Salad w/1T FF Italian Dressing w/ 1/4c Garbanzo Beans1/2c asparagus 1c Fruit salad w/ 4oz Greek nonfat vanilla yogurt w/ 1/2c LF Granola no raisins  | Friday 19, 20243 oz. LS Baked Cod w/1T Tartar Sauce1/2c Wild Rice1/2c Coleslaw w/ 1TBSP Dressing 1/2c Green Beans w/ 1/2c cherry tomatoes1/2c Mandarin oranges |
| Monday 22, 2024Stuffed Potato w/3 oz Roast beef 2T FF Sour Cream, 2 T Chives2 oz Green Chili1/2 c LS Stewed Tomatoes 1 c Tossed Salad w/ 2T FF Ranch Dressing4 Cinnamon Graham Crackers 1 orange  | Tuesday 23, 20243 oz. Baked Chicken Wings1/2c Potato Salad1/2c Carrots Stix w/2T FF Ranch1 Bread Stix w/ 1 tsp. Margarine1 slice SF Angel Food Cake w/ 2 TBSP Cherry Topping | Wednesday 24 20243 oz. Beef Pattie w/ 1/4c Onions1/2c Brown Rice w/ 2oz LS Gravy1c California blend vegetables1 Sl. Wheat Bread w/ 1 tsp. Margarine 1/2c Apricots | Thursday 25, 2024Tuna Salad Sandwich(1/4c Tuna Salad, 1/2c Lettuce, 1 slice Tomato, 1 Bun)1/2c Cucumber Salad1/2c Grilled Zucchini1c Fruit Compote | Friday 25, 20241c Chile Macaroni(3 oz. Beef, 1 oz Red Chile, 1/2c Macaroni)1c Tossed Salad w/2T Low Fat Dressing1/2c Country Blend Vegetables w/ 1 tsp margarine1 Sl. Wheat Bread w/ 1 tsp. Margarine 1/2c Plums  |
| Monday 29, 2024BBQ Ribs Sandwich(3 oz. Pork, 2 TBSP BBQ Sauce, 1 Bun)1/2c LS Creamed Spinach1/2c Sweet Potato1/2c Pineapple Chunks | Tuesday 30, 20243 oz. Baked Chicken 1/2c Scalloped Potato1/2c Chateau Blend Vegetables w/ 1 tsp margarine 1c Tossed Salad w/ 2 TBSP FF Ranch1 Sl. Wheat Bread 1/2c SF Gelatin w/ ½c strawberries  | Wednesday 31, 2024Stuffed pepper(1 pepper, 3oz Beef, 1/4c rice, 1oz Sauce) 1c Vegetable medley w/ 1 tsp. unsalted butterWheat roll w/ 1 tsp margarine1 Fresh Pear | **DINE IN LUNCH****11:00 AM TO 1:00 PM** | **8 oz-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:****4** | **Days in Week:****5** | **Days in Week:****4** | **Days in Week:****5** | **Days in Week:****3** |
| Calories | 700 or more | 54.0 | 747.0 | 760.9 | 768.1 | 704.0 |
| % Carbohydrates from Calories | 45-55% | 50.5 | 51.9 | 51.0 | 3.8 | 47.6 |
| % Protein from Calories | 15-25% | 22.8 | 21.0 | 21.7 | 21.1 | 25.1 |
| % Fat from Calories | 25-35% | 26.7 | 27.1 | 27.2 | 25.0 | 27.3 |
| Saturated Fat | less than 8g | 6.9 | 7.3 | 8.0 | 6.7 | 7.7 |
| Fiber | 10g or more | 13.2 | 11.2 | 12.9 | 10.3 | 11.2 |
| Vitamin B-12 | .8ug or more | 2.5 | 3.1 | 4.1 | 3.0 | 3.1 |
| Vitamin A | 300ug RAE or more | 682.9 | 397.8 | 484.6 | 664.3 | 759.2 |
| Vitamin C | 30mg or more | 38.1 | 57.6 | 81.7 | 51.1 | 66.8 |
| Iron | 2.6mg or more | 5.1 | 5.5 | 5.0 | 5.9 | 5.9 |
| Calcium | 400mg or more | 496.3 | 486.4 | 669.7 | 475.2 | 520.4 |
| Sodium | less than 766mg | 756.6 | 750.3 | 739.8 | 731.1 | 746.6 |

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