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| **Monday 1, 2024**    **SENIOR CENTER CLOSED**  **NEW YEAR’S HOLIDAY** | Tuesday 2, 2024  Frito Pie  (3 oz. Beef, 2 oz Red Chile,  1 oz. Corn Chips )  1/2c LS Pinto Beans  1c Tossed Salad w/  2T FF Ranch Dressing  8 Baby Carrots  1/2c Applesauce | Wednesday 3, 2024  4 oz LS BBQ Beef Brisket  (3oz Brisket, 2 TBSP BBQ Sauce  ½ c LS Baked Beans  1c Coleslaw w/ 2 TBSP Dressing  **1/3c Carrot Raisin Salad**  Wheat roll | Thursday 4, 2024  1c Chicken A La King  (3 oz. Chicken, 1oz. Sauce,  1/2c Veggies)  1/2c Steam Brown Rice  1/2c Cauliflower  1 Sl. WW Bread w/ 1 tsp. Margarine  1/2c Peach in Crisp | Friday 5, 2024  4 oz. Pork Carne Adovada  (3oz Pork, 2oz RC Sauce)  1c Yellow Squash w/Onion  1/2c LS Spanish Rice  1 6in Flour Tortilla  1c Tropical fruit Salad |
| Monday 8, 2024  Chili Dog  (1 oz. Frank, 3 oz. Beef Red Chili, 1 Bun)  1/2c German style Potato salad  1c Capri Vegetables  1/2c Fruit Cocktail | Tuesday 9, 2024  4 oz. Swedish Meat Balls  (3oz Meatballs, 1oz Sauce)  1/2c Egg Noodle  1/2c Mushrooms  1/2c Succotash  1 Sl. Wheat Bread w/ 1 tsp. Margarine  1/2c Pears | Wednesday 10, 2024  3 oz. Baked Chicken Nuggets  1 TBSP LS BBQ Sauce  1/2c Beets  1/2c NAS Baked French Fries  1 Sl. Wheat Bread w/ 1 tsp. Margarine  1/2c Mixed Fruit | Thursday 11, 2024  Meat & 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 Dressing  1/2c LS Spanish Rice  1/2c Diced Mango | Friday 12, 2024  3/4c Clam Chowder  (3 oz. Clams)  1/2c Roasted Brussel Sprout  1c Tossed Salad w/  2T FF Ranch Dressing  6 LS WW Crackers  1/2c SF Gelatin w/ 1/2c Banana |
| Monday 15, 2024  SENIOR CENTER CLOSED  MARTIN LUTHER KING  BIRTHDAY | Tuesday 16, 2024  Ham & Cheese Sandwich  (2oz. Low Sodium Lean Ham,  1 oz. Swiss Cheese, 2 slices wheat Bread)  3/4c LS Tomato Soup  Plain Baked Potato w/ 1 tsp margarine & 2 TBSP FF Sour Cream  1/2c Kiwi | Wednesday 17, 2024  Red Chile Cheese Enchiladas  (1 oz. Cheese, 1 oz. Red Chile,  2 Corn Tortillas)  1/2c LS Pinto Beans  1/2c Lettuce & Tomato  1c Broccoli with red peppers  1c Grapes | Thursday 18, 2024  1/6th 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 Beans  1/2c asparagus  1c Fruit salad w/ 4oz Greek nonfat vanilla yogurt w/ 1/2c LF Granola no raisins | Friday 19, 2024  3 oz. LS Baked Cod w/  1T Tartar Sauce  1/2c Wild Rice  1/2c Coleslaw w/ 1TBSP Dressing  1/2c Green Beans w/ 1/2c cherry tomatoes  1/2c Mandarin oranges |
| Monday 22, 2024  Stuffed Potato w/3 oz Roast beef  2T FF Sour Cream, 2 T Chives  2 oz Green Chili  1/2 c LS Stewed Tomatoes  1 c Tossed Salad w/  2T FF Ranch Dressing  4 Cinnamon Graham Crackers  1 orange | Tuesday 23, 2024  3 oz. Baked Chicken Wings  1/2c Potato Salad  1/2c Carrots Stix w/  2T FF Ranch  1 Bread Stix w/  1 tsp. Margarine  1 slice SF Angel Food Cake w/ 2 TBSP Cherry Topping | Wednesday 24 2024  3 oz. Beef Pattie w/ 1/4c Onions  1/2c Brown Rice w/ 2oz LS Gravy  1c California blend vegetables  1 Sl. Wheat Bread w/ 1 tsp. Margarine  1/2c Apricots | Thursday 25, 2024  Tuna Salad Sandwich  (1/4c Tuna Salad, 1/2c Lettuce, 1 slice Tomato, 1 Bun)  1/2c Cucumber Salad  1/2c Grilled Zucchini  1c Fruit Compote | Friday 25, 2024  1c Chile Macaroni  (3 oz. Beef, 1 oz Red Chile,  1/2c Macaroni)  1c Tossed Salad w/  2T Low Fat Dressing  1/2c Country Blend Vegetables w/ 1 tsp margarine  1 Sl. Wheat Bread w/ 1 tsp. Margarine  1/2c Plums |
| Monday 29, 2024  BBQ Ribs Sandwich  (3 oz. Pork, 2 TBSP BBQ Sauce, 1 Bun)  1/2c LS Creamed Spinach  1/2c Sweet Potato  1/2c Pineapple Chunks | Tuesday 30, 2024  3 oz. Baked Chicken  1/2c Scalloped Potato  1/2c Chateau Blend Vegetables w/ 1 tsp margarine  1c Tossed Salad w/ 2 TBSP FF Ranch  1 Sl. Wheat Bread  1/2c SF Gelatin w/ ½c strawberries | Wednesday 31, 2024  Stuffed pepper  (1 pepper, 3oz Beef, 1/4c rice, 1oz Sauce)  1c Vegetable medley w/ 1 tsp. unsalted butter  Wheat roll w/ 1 tsp margarine  1 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.

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