|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2% milk served at meals |  |  |  | **FRIDAY 1** 1c Tossed salad w/ 2 TBSP Light Ranch Dresing3oz LS Lean (low fat) Pork Chop2oz LS Pork4c Mushrooms1/2c LS Parsley Potatoes1/2c Carrots w/ 1 tsp margarineWheat Roll w/ 1 tsp margarine1/2c Tropical Frui Salad |
| **MONDAY 4** BBQ Chicken (3oz Chicken breast, 1 TBSP Barbecue Sauce)1/2c LS Ranch Beans1c Coleslaw w/ 2 TBSP Dressing½ slice Cornbread w/ 1 tsp margarine1/2c Spiced Peaches | **TUESDAY 5** Hot Dogwith Cabbage(1/2 beef frank, 1 hot dog bun)1c LS 3 Bean Salad(1/2c green and wax beans, 1/2c Red beans)1/2c Braised Cabbage 1/2c SF Gelatin | **WEDNESDAY 6** 3oz LS Baked Tilapia2 TBSP Tartar Sauce1/2c LS Scalloped Potatoes1c Vegetable MedleyWheat roll w/ 1 tsp margarine1c Chilled Pears | **THURSDAY 7** Pineapple Chicken(3oz Chicken, 1oz Pineapple Sauce)1c Vegetable Chow Mein(Carrots, cabbage)1/2c Chow mein Noodles1/2c mandarin Oranges  | **FRIDAY 8** Beef Fajita with Peppers & Onions(3oz Beef, 1/2c peppers and onions, 1 6in flour tortilla)1/2c LS Black BeansStrawberry Shortcake(1/2c Strawberries, 1 slice SF Angel Food Cake) |
| **MONDAY 11** 3oz Country Fried Steak1oz LS Country GravyBaked Potato w 1 tsp margarine1c California Blend Vegetables1 slice wheat bread w/ 1 tsp margarine1/2c Plums | **TUESDAY 12** Beef Tacos(3 oz. Beef, 1/2c Lettuce & Tomato, 1 6 in flour Tortillas, 2 TBSP Salsa)1c Capri Vegetables1/2c LS Pinto Beans1/2c mixed fruit  | **WEDNESDAY 13** 1/2c Classic Chicken Salad Sandwich(3oz Chicken, 1/4c Celery, onion, 2 slices wheat bread, 1/2c lettuce, 2 slices tomato)1/2c Beet and onion salad1c LS Tomato Soup1/2c Warm sliced Apples | **THURSDAY 14** Sweet potato Bar(1 sweet potato, 1/2c Black Beans, 1/4c Tomato, 1 TBSP Salsa, 1 TBSP Sour Cream)1/2c Kale 1/2c nonfat Vanilla Yogurt w/ 1/2c Berries 1/2c LF Granola without Raisins | **FRIDAY 15** 2 oz. Corned Beef1/2c Cabbage1/2c Herb Roasted Red Potatoes1/2c Carrots1 sl. WW Bread w/ 1 tsp. Margarine1/2c Fruit salad 1/2c Light nonfat Vanilla Yogurt |
| **MONDAY 18** Spaghetti withMarinara Sauce(1/2c Spaghetti, 1/2c NAS Marinara Sauce, 3/4c White beans)1c Italian VeggiesGarlic Bread1 Fresh Pear | **TUESDAY 19** Frito Pie(1oz corn chips, 3oz Beef, 2oz RC, 1/2c Lettuce and tomato, 1/8c onion)1/2c LS Pinto Beans1/2c Spanish Slaw1/2c Pineapple TidbitsIn 1/2c SF Gelatin  | **WEDNESDAY 20** Chicken Parmesanover Linguini(3oz Parm Crusted Chicken, 1oz NAS marinara Sauce, 1oz mozzarella Cheese)1/2c Linguine1/2c Spinach and Cauliflower w/ 1 tsp margarineBread Stick1/2c Strawberries w/ ½ slice Reduced Fat Pound cake | **THURSDAY 21** Green Chili Cheeseburger(1 bun, 3oz Patty, 2 TBSP GC, .5oz Cheese, 1/2c Lettuce, 2 slices tomato, 1 slice onion)1/2c Roasted Brussel Sprouts 1/2c NAS Baked French Fries 1c Grapes  | **FRIDAY 22** Tuna Salad(3oz Light Tuna)6 LS WW Crackers 1c vegetable Medley1/2c SF Gelatin w/ 1/2c Bananas |
| **MONDAY 25**3oz LS Herbed Baked Fish1 TBSP Tartar Sauce1/2c NAS Baked French Fries1c Coleslaw w/ 2 TBSP DressingWheat bread w/ 1tsp margarine1c Tropical Fruit salad  | **TUESDAY 26** 2oz Polish Sausage1/2c Red cabbage w/ 1/2c Apples1/2c Parsley PotatoesWheat Roll w/ 1 tsp unsalted butter1/2c Raspberry Light Nonfat Yogurt | **WEDNESDAY 27** Soft Chicken Taco (3oz Beef, 1/2c Lettuce and tomato,1 6in flour tortilla)1/2c LS Pinto Beans1/2c Calabacitas 1/2c Fruit Cocktail | **THURSDAY 28** Pepper steak(3oz Beef, 1oz LS Brown Gravy, 1/4c Peppers and onions)1/2c Brown Rice1c Tossed salad w/ 2 TBSP Light Ranch Dressing1/2c Mandarin Oranges | **FRIDAY 29** Egg salad Sandwich(1/2c Egg Salad=1 egg 2 slices wheat bread, 1/4c romaine lettuce, 2 slices tomato)1c Spinach Salad(1c Spinach, 1/4c red onion,1 TBSP Cranberries, 1/2c Garbanzo Beans)2 TBSP Lite Raspberry Vinaigrette 4 LS WW Crackers1/2c FF Sherbet |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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:****4** |
| Calories | 700 or more | 710.2 | 706.5 | 712.4 | 738.7 | 748.5 |
| % Carbohydrates from Calories | 45-55% | 47.7 | 51.8 | 52.5 | 50.0 | 51.2 |
| % Protein from Calories | 15-25% | 21.9 | 19.9 | 19.5 | 21.9 | 19.7 |
| % Fat from Calories | 25-35% | 30.4 | 28.3 | 28.0 | 28.1 | 29.1 |
| Saturated Fat | less than 8g | 7.6 | 7.5 | 7.8 | 7.9 | 7.7 |
| Fiber | 10g or more | 10.9 | 11.0 | 12.5 | 12.6 | 11.7 |
| Vitamin B-12 | .8ug or more | 1.8 | 3.1 | 3.3 | 2.8 | 2.4 |
| Vitamin A | 300ug RAE or more | 878.7 | 363.0 | 710.6 | 328.1 | 400.0 |
| Vitamin C | 30mg or more | 41.1 | 60.8 | 33.2 | 49.3 | 53.5 |
| Iron | 2.6mg or more | 5.2 | 5.1 | 5.6 | 6.2 | 5.6 |
| Calcium | 400mg or more | 423.1 | 448.6 | 510.9 | 6.2 | 474.5 |
| Sodium | less than 766mg | 483.7 | 759.4 | 761.2 | 652.7 | 759.6 |

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 23, 2024