|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2% milk served at meals |  |  |  | **FRIDAY 1**  1c Tossed salad w/ 2 TBSP Light Ranch Dresing  3oz LS Lean (low fat) Pork Chop  2oz LS Pork4c Mushrooms  1/2c LS Parsley Potatoes  1/2c Carrots w/ 1 tsp margarine  Wheat Roll w/ 1 tsp margarine  1/2c Tropical Frui Salad |
| **MONDAY 4**  BBQ Chicken  (3oz Chicken breast, 1 TBSP Barbecue Sauce)  1/2c LS Ranch Beans  1c Coleslaw w/ 2 TBSP Dressing  ½ slice Cornbread w/ 1 tsp margarine  1/2c Spiced Peaches | **TUESDAY 5**  Hot Dog  with 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 Tilapia  2 TBSP Tartar Sauce  1/2c LS Scalloped Potatoes  1c Vegetable Medley  Wheat roll w/ 1 tsp margarine  1c Chilled Pears | **THURSDAY 7**  Pineapple Chicken  (3oz Chicken, 1oz Pineapple Sauce)  1c Vegetable Chow Mein  (Carrots, cabbage)  1/2c Chow mein Noodles  1/2c mandarin Oranges | **FRIDAY 8**  Beef Fajita  with Peppers & Onions  (3oz Beef, 1/2c peppers and onions, 1 6in flour tortilla)  1/2c LS Black Beans  Strawberry Shortcake  (1/2c Strawberries, 1 slice SF Angel Food Cake) |
| **MONDAY 11**  3oz Country Fried Steak  1oz LS Country Gravy  Baked Potato w 1 tsp margarine  1c California Blend Vegetables  1 slice wheat bread w/ 1 tsp margarine  1/2c Plums | **TUESDAY 12**  Beef Tacos  (3 oz. Beef, 1/2c Lettuce & Tomato, 1 6 in flour Tortillas, 2 TBSP Salsa)  1c Capri Vegetables  1/2c LS Pinto Beans  1/2c 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 salad  1c LS Tomato Soup  1/2c 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 Beef  1/2c Cabbage  1/2c Herb Roasted Red Potatoes  1/2c Carrots  1 sl. WW Bread w/  1 tsp. Margarine  1/2c Fruit salad  1/2c Light nonfat Vanilla Yogurt |
| **MONDAY 18**  Spaghetti with  Marinara Sauce  (1/2c Spaghetti, 1/2c NAS Marinara Sauce, 3/4c White beans)  1c Italian Veggies  Garlic Bread  1 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 Beans  1/2c Spanish Slaw  1/2c Pineapple Tidbits  In 1/2c SF Gelatin | **WEDNESDAY 20**  Chicken Parmesan  over Linguini  (3oz Parm Crusted Chicken, 1oz NAS marinara Sauce, 1oz mozzarella Cheese)  1/2c Linguine  1/2c Spinach and Cauliflower w/ 1 tsp margarine  Bread Stick  1/2c 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 Medley  1/2c SF Gelatin w/ 1/2c Bananas |
| **MONDAY 25**  3oz LS Herbed Baked Fish  1 TBSP Tartar Sauce  1/2c NAS Baked French Fries  1c Coleslaw w/ 2 TBSP Dressing  Wheat bread w/ 1tsp margarine  1c Tropical Fruit salad | **TUESDAY 26**  2oz Polish Sausage  1/2c Red cabbage w/ 1/2c Apples  1/2c Parsley Potatoes  Wheat Roll w/ 1 tsp unsalted butter  1/2c Raspberry Light Nonfat Yogurt | **WEDNESDAY 27**  Soft Chicken Taco  (3oz Beef, 1/2c Lettuce and tomato,1 6in flour tortilla)  1/2c LS Pinto Beans  1/2c Calabacitas  1/2c Fruit Cocktail | **THURSDAY 28**  Pepper steak  (3oz Beef, 1oz LS Brown Gravy, 1/4c Peppers and onions)  1/2c Brown Rice  1c Tossed salad w/ 2 TBSP Light Ranch Dressing  1/2c 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 Crackers  1/2c 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