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| 1% Milk Served at meals |  |  |  | March 1  3oz Catfish  1 TBSP Tartar Sauce  3/4c Mustard Greens  3/4c LS Stewed Okra with tomatoes  Wheat Roll w/ 1 tsp margarine  1c Fruit salad |
| March 4  3oz Salisbury Steak  2oz LS Brown Gravy  1c Vegetable Medley  1c Brown Rice  1c Pears | March 5  1c Tuna Noodle Casserole  (3oz Light tuna, 1/3c Pasta, 1/2c Peas and carrots)  1c Tossed salad w/ 2 TBSP FF Ranch Dressing  4 LS WW Crackers  1/2c Light nonfat vanilla Yogurt  1/2c Mixed Fruit | March 6  1c Chicken Divan  (3oz Diced Chicken, 1oz Sauce, 1/2c Broccoli, .5oz Cheese)  1/2c Roasted Asparagus  WW Roll  1/2c Vanilla Pudding  Banana | March 7  Sweet and Sour Pork  (4oz Pork, 1oz Sauce, 1 tsp sesame seeds)  1/2c Chow mein noodles  1c Stir Fry Vegetables  Fortune Cookie  1c Mandarin Oranges & Pineapple | March 8  Fish and Chips  (3oz Cod, 1/2c NAS Baked French Fries)  2 TBSP Tartar Sauce  1/2c LS Three Bean Salad  Wheat roll w/ 1 tsp unsalted butter  1/2c Fruit Cocktail |
| March 11  4oz Meatloaf  1/2c Parsley Potatoes  1/2c Green Beans  Wheat roll w/ 1 tsp unsalted butter  1/2c Tropical Frui Salad | March 12  Cleaning Day | March 13  3oz Fried Chicken Tenders  2oz LS Country Gravy  1c Tossed Green Salad w/ Tomatoes  2 TBSP FF Italian Dressing  1c Zucchini w/ NAS diced Tomatoes  1/2c Sweet Potatoes  WW Roll w/ 1 tsp unsalted butter  1/2c SF Gelatin | March 14  Green Chile Cheeseburger  (1 bun, 1oz GC, 3oz Patty, .5oz Cheese, 1`/2c Lettuce, 2 sliced tomato, 1 slice onion)  1/2c beets  1/2c Carrot raisin salad  1/2c Apricots | March 15  Vegetarian Colcannon Soup  (3/4c leeks, potatoes, cabbage, and kale)  1c Tossed salad w/ 2TBSP FF ranch Dressing w/ 1/2c Garbanzo beans  Soda Bread w/ 1 tsp margarine  1/2c Light Vanilla yogurt w/ 1/2c Berries |
| March 18  3oz Lean Corned Beef  1/2c Cabbage  1/2c Red Potatoes  Wheat roll  1/2c LF Chocolate Mint Mousse | March 19  India Day  Chicken Tikka Masala  (3oz Chicken, 1/2c LS Sauce)  3/4c Basmati Rice  1/2c Roasted Cauliflower  1/2c Cucumber and tomato salad  1c Fruit Salad | March 20  Fish Tacos  (3oz Fish, 1/2c Cilantro Lime Slaw, 2 corn tortilla, 2 TBSP Pico Del Gallo)  1c Capri Vegetables  1/2c black beans and corn  1/2c Mango | March 21  Frito Pie  (1oz Corn Chips, 2oz RC, 3oz ground beef)  1/2c LS Pinto Beans  1c Broccoli Normandy  1/2c Peaches | March 22  Spinach Lasagna  (1oz cheese, 1/2c Pasta, 1/3c Spinach)  1c Chateau Blend Vegetables  Wheat roll  1c light vanilla nonfat Yogurt  1/2c Cantaloupe |
| March 25  Chicken Alfredo  (3oz Diced Chicken, 2oz Light Alfredo sauce)  1/2c Angel Hair Pasta  1c Italian Vegetables  Garlic Bread  1c Strawberries and bananas | March 26  Beef Burrito  (3oz Beef, 2oz RC, 1/2c pinto beans, .5oz Cheese, 1 8 in Flour Tortilla)  2 TBSP Pico de Gallo  1/2c Calabacitas  1/2c LS Spanish Rice  1/2c Plums | March 27  1c LS LF Pureed Broccoli Soup, 1 oz Cheese  1c Tossed Salad w/ 2 TBSP FF ranch Dressing w/ 1/4c Garbanzo Beans  1 slice LF LS Cornbread  Fresh pear  1/2c Light Nonfat vanilla Yogurt | March 28  Chicken Chef Salad w/Bacon,  (1.5c Romain lettuce, 1 HB Egg, 2oz Chicken, 1/4c tomatoes, 1 slice reduced sodium bacon, 1/4c cucumber, 1/4c red onion, 1/4c red cabbage,. 2 TBSP FF Ranch Dressing)  6 WW LS Crackers  1c Fruit salad | March 29  3oz LS Herbed Baked Pangasius (Catfish) Fish  1/2c Roasted Root Vegetables (yams, potatoes, beets, carrots, parsnips, onion, thyme, rosemary, cumin, black pepper, olive oil)  1/2c Broccoli Spear  1/2c LS LF Polenta (quick cooking grits made with water)  1/2c Applesauce |

***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:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **5** |
| Calories | 700 or more | 702.3 | 791.4 | 739.5 | 710.5 | 752.7 |
| % Carbohydrates from Calories | 45-55% | 47.9 | 53.1 | 53.4 | 50.0 | 526 |
| % Protein from Calories | 15-25% | 18.1 | 19.5 | 17.7 | 23.4 | 21.2 |
| % Fat from Calories | 25-35% | 34.1 | 27.4 | 28.9 | 26.6 | 26.3 |
| Saturated Fat | less than 8g | 6.5 | 7.7 | 7.7 | 7.4 | 26.3 |
| Fiber | 10g or more | 11.7 | 10.0 | 13.1 | 10.3 | 11.8 |
| Vitamin B-12 | .8ug or more | 2.7 | 2.0 | 2.3 | 2.2 | 1.9 |
| Vitamin A | 300ug RAE or more | 872.7 | 396.9 | 672.1 | 302.9 | 475.8 |
| Vitamin C | 30mg or more | 60.8 | 58.8 | 60.7 | 54.5 | 62.4 |
| Iron | 2.6mg or more | 4.5 | 4.5 | 5.7 | 5.6 | 4.5 |
| Calcium | 400mg or more | 612.2 | 479.3 | 558.1 | 592.2 | 564.5 |
| Sodium | less than 766mg | 679.0 | 766.0 | 741.3 | 659.9 | 739.1 |

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 February 5, 2024