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| MONDAY 1, 2024PASTA PRIMAVERA(1/2c Penne, 3oz Diced chicken, 1/4c Asparagus, 1/4c mushrooms, 1/4c yellow pepper, 1/4c broccoli, 2 oz LS marinara)Garlic Knot1c Tossed salad w/ 2 TBSP light Italian Dressing1/2c pineapple | TUESDAY 2, 2024PULLED PORK SANDWICH(1 hot dog bun, 3oz pork, 1oz LS BBQ sauce)1/2c baked sweet potato fries1c roasted carrots and broccoli1/2c cinnamon applesauce | WEDNESDAY 3, 2024GREEN CHILE CHEESEBURGER(1 HB Bun, 1 3oz HB patty, 1oz GC, 1oz American cheese, 2SL tomato, 1/2c lettuce, 1 slice onion)1c Chateau Blend vegetables 1oz baked sun chips1/2c peaches | THURSDAY 4, 2024SALISBURY STEAK(4oz patty, 2oz LS gravy, 1/4c mushrooms, 1/8c sauteed onions)1/2c LS mashed potatoes1/2c roasted green beans1/2c mixed fruit1/2c SF gelatin | FRIDAY 5, 2024SOUTHWEST BURRITO BOWL(3oz diced chicken, 1/2c brown rice, 1/4c black beans, 1/4c fire roasted corn, 1/4 pepper and onion blend, .5 oz cheese, 1/2 c chopped romaine, 2 TBSP salsa, 1oz tortilla Chips 1/2c Calabacitas1 churro |
| MONDAY 8, 2023TURKEY SUB(1 WW hot dog bun, 2oz sliced turkey, 1 oz Provolone, 2 SL Tomato, 1/2c shredded lettuce)3/4c carrot and raisin salad3/4c roasted Brussel sprouts1c grapes and cantaloupe | TUESDAY 9, 20234oz LS Lemon Herb Cod1oz LS Cucumber Dill Sauce1/2c LS Roasted Herbed Red Potatoes3/4c Asparagus w/ 1 tsp margarine1c Tossed Salad w/ 2 TBSP FF Ranch Dressing6 LS WW Crackers1c Strawberries  | WEDNESDAY 10, 20236oz Sausage LASAGNA(2oz ground Italian sausage, 1oz LS marinara sauce, 1oz mozzarella cheese, 1/4c cottage cheese, 1/3c pasta)1c Italian Veggies w/ 1 tsp unsalted butter 1 wheat roll w/ 1 tsp unsalted butter ½ Grapefruit | THURSDAY 11, 2023BEEF AND BROCCOLI(3oz flank steak, 1/2c broccoli, 2oz LS sauce)1c Brown rice1c stir fry veggies1c Fruit SaladFortune cookie | FRIDAY 12, 20231c Red Chile Pork Posole(3oz Pork, 1/2c Posole, 2oz RC)1c Tossed salad w/ 2 TBSP Light Italian Dressing1 6in WW Tortilla1/2c Diced Mango6oz Light lowfat Raspberry Yogurt  |
| MONDAY 15, 2023Kielbasa, green bean, potato casserole (1oz kielbasa, 1/2c green beans, 1/2c baby Yukon gold potatoes,)WW Roll w/ 1 tsp margarine 1/2c Spiced Pears1c Light Vanilla nonfat Yogurt  | TUESDAY 16, 2023CHICKEN COBB SALAD (2oz diced chicken, 1c chopped romaine, .5oz BC crumbles, 1HB egg,5 grape tomatoes, 1/4c cucumber, 1/4c avocado, 2 TBSP Light Ranch dressing)6 WW Crackers Oatmeal cookie | WEDNESDAY 17, 2023BEEF TACOS(2 corn tortillas, .2 TBSP salsa, 3oz ground beef, 1/2c lettuce and tomato)1/2c LS Pinto Beans1/2c Spanish Slaw1c tropical fruit | THURSDAY 18, 2023MEXICAN Chicken RICE BAKE(3oz diced chicken, 1/2c rice, 1/2c black beans, 1/4c corn, 2oz LS sauce)1c California Blend Vegetables3/4c Fruit Cocktail  | FRIDAY 19, 2023PEPPERONI PIZZA(7 slices pepperoni, 1 oz LS marinara, 1oz LF Mozz. cheese, 1oz Pizza crust)1c Capri Veggies1/2c pineapple1c Light Vanilla nonfat Yogurt w/ 1/2c LF granola w/o raisins  |
| MONDAY 22, 2023 SPINACH GARDEN PASTA(1/2c farfalle pasta, 1/4c Red onion, 1/4c red bell peppers, 1/2c spinach, 1/4c Broccoli, 2oz LS Marinara, 1oz LF Mozzarella cheese,)1c Greek Salad(1c romaine lettuce, 1/4c cucumber, 1/4c tomatoes, 1/4c bell peppers, 1/8c red onion, .5oz feta cheese, 5 slices black olives, 2 TBSP oil dressing (olive oil, lemon juice, oregano, black pepper) 1/2c LS Garbanzo beansGarlic Stick1c honeydew | TUESDAY 23, 2023BREAKFAST FOR LUNCH(1oz scrambled eggs)1 2oz reduced fat sausage patty1/2c Hashbrowns w/ 1/2c onion and peppersWheat bread w/ 1 tsp margarine 1/2c Fruit compote | WEDNESDAY 24, 2023CHERRY BURBON HAM(2oz LS ham, 1oz glaze)1c Winter blend veg1/2c scalloped potatoesWW Roll1/2c Mandarin oranges w1/2c Light nonfat vanilla yogurt  | THURSDAY 25, 20233/4c GOULASH(3oz ground beef, 2oz elbow macaroni, 2oz tomato sauce)1c roasted asparagus and mushrooms1/2c spinach1/2c apricots | FRIDAY 26, 2023GARLIC BUTTER STEAK(3oz sirloin, 1 TSP garlic butter)1/2c Rosemary Baby bakers1/2c garlic green beansWW Roll1 slice SF angel food cake w/ 1/2c Cherries  |
| Monday 29,2024Roasted Chicken W/ GRAVY, 1/2c Mushrooms(3oz Roasted chicken breast, ,2oz pepper gravy)1/2c LS herb roasted tomato wedges1/2c LS mashed potatoes1/2c Spiced Apples | Tuesday 30, 2024PAPAS CON CHORIZO(2oz chorizo, 1/2c diced potatoes)1 6” flour tortilla1/2c LS refried beans1/2c LS Roasted Zucchini1/2c Carrots 1c Tropical Fruit salad  |  |  | All Meals Served With 8oz 1% Milk as available |

***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:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****2** |
| Calories | 700 or more | 806.9 | 713.5 | 702.8 | 727.2 | 724.1 |
| % Carbohydrates from Calories | 45-55% | 48.0 | 49.6 | 50.7 | 49.1 | 51.3 |
| % Protein from Calories | 15-25% | 21.5 | 22.5 | 20.7 | 21.9 | 19.3 |
| % Fat from Calories | 25-35% | 30.5 | 27.9 | 28.6 | 28.8 | 29.4 |
| Saturated Fat | less than 8g | 8.0 | 7.8 | 8.0 | 7.8 | 7.0 |
| Fiber | 10g or more | 10.9 | 10.7 | 10.8 | 10.4 | 11.1 |
| Vitamin B-12 | .8ug or more | 2.4 | 2.1 | 3.1 | 2.7 | 2.0 |
| Vitamin A | 300ug RAE or more | 450.8 | 524.1 | 370.3 | 562.7 | 559.9 |
| Vitamin C | 30mg or more | 80.2 | 81.7 | 37.1 | 67.9 | 66.5 |
| Iron | 2.6mg or more | 5.2 | 4.3 | 4.3 | 7.1 | 5.4 |
| Calcium | 400mg or more | 498.5 | 571.6 | 580.8 | 571.7 | 466.6 |
| Sodium | less than 766mg | 757.7 | 765.7 | 719.4 | 763.4mas | 726.9 |

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 March 22, 2024