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| MONDAY 1, 2024  PASTA 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 Knot  1c Tossed salad w/ 2 TBSP light Italian Dressing  1/2c pineapple | TUESDAY 2, 2024  PULLED PORK SANDWICH  (1 hot dog bun, 3oz pork, 1oz LS BBQ sauce)  1/2c baked sweet potato fries  1c roasted carrots and broccoli  1/2c cinnamon applesauce | WEDNESDAY 3, 2024  GREEN 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 chips  1/2c peaches | THURSDAY 4, 2024  SALISBURY STEAK  (4oz patty, 2oz LS gravy, 1/4c mushrooms, 1/8c sauteed onions)  1/2c LS mashed potatoes  1/2c roasted green beans  1/2c mixed fruit  1/2c SF gelatin | FRIDAY 5, 2024  SOUTHWEST 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 Calabacitas  1 churro |
| MONDAY 8, 2023  TURKEY SUB  (1 WW hot dog bun, 2oz sliced turkey, 1 oz Provolone, 2 SL Tomato, 1/2c shredded lettuce)  3/4c carrot and raisin salad  3/4c roasted Brussel sprouts  1c grapes and cantaloupe | TUESDAY 9, 2023  4oz LS Lemon Herb Cod  1oz LS Cucumber Dill Sauce  1/2c LS Roasted Herbed Red Potatoes  3/4c Asparagus w/ 1 tsp margarine  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing  6 LS WW Crackers  1c Strawberries | WEDNESDAY 10, 2023  6oz 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, 2023  BEEF AND BROCCOLI  (3oz flank steak, 1/2c broccoli, 2oz LS sauce)  1c Brown rice  1c stir fry veggies  1c Fruit Salad  Fortune cookie | FRIDAY 12, 2023  1c Red Chile Pork Posole  (3oz Pork, 1/2c Posole, 2oz RC)  1c Tossed salad w/ 2 TBSP Light Italian Dressing  1 6in WW Tortilla  1/2c Diced Mango  6oz Light lowfat Raspberry Yogurt |
| MONDAY 15, 2023  Kielbasa, 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 Pears  1c Light Vanilla nonfat Yogurt | TUESDAY 16, 2023  CHICKEN 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, 2023  BEEF TACOS  (2 corn tortillas, .2 TBSP salsa, 3oz ground beef, 1/2c lettuce and tomato)  1/2c LS Pinto Beans  1/2c Spanish Slaw  1c tropical fruit | THURSDAY 18, 2023  MEXICAN Chicken RICE BAKE  (3oz diced chicken, 1/2c rice, 1/2c black beans, 1/4c corn, 2oz LS sauce)  1c California Blend Vegetables  3/4c Fruit Cocktail | FRIDAY 19, 2023  PEPPERONI PIZZA  (7 slices pepperoni, 1 oz LS marinara, 1oz LF Mozz. cheese, 1oz Pizza crust)  1c Capri Veggies  1/2c pineapple  1c 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 beans  Garlic Stick  1c honeydew | TUESDAY 23, 2023  BREAKFAST FOR LUNCH  (1oz scrambled eggs)  1 2oz reduced fat sausage patty  1/2c Hashbrowns w/ 1/2c onion and peppers  Wheat bread w/ 1 tsp margarine  1/2c Fruit compote | WEDNESDAY 24, 2023  CHERRY BURBON HAM  (2oz LS ham, 1oz glaze)  1c Winter blend veg  1/2c scalloped potatoes  WW Roll  1/2c Mandarin oranges w  1/2c Light nonfat vanilla yogurt | THURSDAY 25, 2023  3/4c GOULASH  (3oz ground beef, 2oz elbow macaroni, 2oz tomato sauce)  1c roasted asparagus and mushrooms  1/2c spinach  1/2c apricots | FRIDAY 26, 2023  GARLIC BUTTER STEAK  (3oz sirloin, 1 TSP garlic butter)  1/2c Rosemary Baby bakers  1/2c garlic green beans  WW Roll  1 slice SF angel food cake w/ 1/2c Cherries |
| Monday 29,2024  Roasted Chicken W/ GRAVY, 1/2c Mushrooms  (3oz Roasted chicken breast, ,2oz pepper gravy)  1/2c LS herb roasted tomato wedges  1/2c LS mashed potatoes  1/2c Spiced Apples | Tuesday 30, 2024  PAPAS CON CHORIZO  (2oz chorizo, 1/2c diced potatoes)  1 6” flour tortilla  1/2c LS refried beans  1/2c LS Roasted Zucchini  1/2c 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