|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday 1, 2024Garden Chicken Salad (3oz Chicken, 1c Romaine lettuce, 1/4c Tomatoes, 1/4c cucumbers, 1/4c carrots, 2 TBSP Lite raspberry Vinaigrette)6 LS WW Crackers1/2c Peaches | Tuesday 2, 20241-Tamales w/(2 oz. Pork, 1/3c Masa, 2oz Red Chile)1c Tossed Salad w/2 TBSP Light Ranch Dressing1/2c LS Refried Beans4 LS WW Crackers1c Grapes | Wednesday 3, 20243 oz. LS Roasted Turkey Breast w/ 1/4c Cranberry Sauce1/2c LS Sweet Mashed Potato 1/2c Broccoli 1 Wheat Roll w/ 1 tsp margarine1/2c Pineapple | Thursday 4, 20241/8th sl. Spinach Quiche (1 oz. Egg, 1/4c Spinach, ¼ Mushrooms, 1 oz Swiss/mozzarella Cheese)1c Tuscan VegetablesWheat roll 1/2c sweet cherries In 1/2c Light Nonfat Vanilla Yogurt | Friday 5, 2024Spaghetti w/ meat sauce(1/2c Spaghetti, 3oz beef, 2oz NAS Sauce1c Tossed Salad w/ 2 TBSP Light Italian Dressing1c Green Beans w/Cherry TomatoesWheat roll 1/2c Strawberries, 1 slice SF Angel Food cake |
| Monday 8, 20243 oz. LS Pork Chop1/2c LS Rice Pilaf1/2c Glazed Carrots 1/2c Collard Green1 WW Roll w/ 1 tsp. Margarine1 Orange | Tuesday 9, 2024Meat Ball Sandwich(3 oz. Turkey Meatballs, 1oz. Mozzarella Cheese, 2oz. NAS Sauce, 1 hot dog Bun)1c Italian blend vegetables1/2c Mixed Fruit 1 banana cupcake no frosting | Wednesday 10, 2024Pepper steak(3oz beef, 1/2c peppers and onions, 1oz Sauce)1c Stir Vegetables1c Brown rice 1c Tropical fruit salad  | Thursday 11, 20243 oz. Low Sodium Baked Ham1/2c LS Scalloped potatoes1/2c Spinach, w/ 1/4c White beansWheat roll w/ 1tsp unsalted butter 1/2c peaches, 1/4c Cobbler  | Friday 12, 2024 3 oz. LS Baked Cod w/2T Tartar Sauce, 1oz Lemon Juice1/2c Beets1c Coleslaw w/ 2 TBSP Dressing 10 NAS baked French Fries1c Fruit Salad |
| Monday 15, 20244 oz. Beef Stroganoff w/3/4c Noodles1/2c Cauliflower1/2c Braised Red Cabbage w/ 1/4c apples 1 WW Roll 1/2c Pears | Tuesday 16, 2024Chili Relleno(1oz Crust, 1 pepper, 1oz cheese)1c Tossed Salad w/2 TBSP Light Ranch Dressing1/2c LS Pinto Beans1/2c LS Spanish Rice1 Churros | Wednesday 17, 2024Turkey & Cheese Sandwich(2 oz. Turkey, 1oz Swiss Cheese, 2 sl. Wheat Bread, 1/2c Lettuce, 2 slices Tomato)1/2c Tomato and Cucumber Salad1c Pasta Salad (1/2c Pasta, 1/2c vegetables)1 Banana  | Thursday 18, 20241c Green Chile Pork Stew(3oz Pork, 1oz GC, 1/2c potatoes)1c Vegetable medley1 6in Flour Tortilla. 1/2c baked apple slices  | Friday 19, 2024Meat & Bean Burrito w/(1/4c LS Beans, 2oz Green Chile, 2oz ground beef)1 6in flour Tortilla)1c Zucchini and Summer Squash 1/2c LS Spanish Rice1/2c Tossed Salad w/ 1T Light Italian Dressing 1/2c SF Gelatin w/ 1/2c Fruit Cocktail  |
| Monday 22, 2024Cheeseburger(3 oz. Beef, .5oz Cheese, 1/2c Lettuce, 2 slices Tomato, 1 Bun)1/2c Sweet Potato Fries1c Roasted Broccoli 1/2c Cherry in 1/4c Cobbler | Tuesday 23, 20243 oz. Chicken Nuggets w/ 1oz. BBQ Sauce1/2c Green beans w/ 1 tsp margarine 1/2c Corn w 1/4c Red bell pepper w/ 1 tsp margarine 6 LS WW crackers1/2c Mango  | Wednesday 24, 20243 oz. Liver & 1/4c Onions1/2c Mashed Potato w/1 oz. LS Brown Gravy3/4c Roasted Brussel Sprouts1 WW Roll w/ 1 tsp. Margarine1c tropical fruit salad | Thursday 25, 2024Sweet & Sour Chicken(3oz Chicken, 2oz Sauce) 1/2c Steam Brown Rice1c Asian Blend Vegetables1 Fortune Cookie3/4c Mandarin Oranges | Friday 26, 20248 oz Beef Barley(3 oz. Beef, 1 oz. Sauce, 1/4c Potato & Barley)1 c Tossed salad w/ 2 TBSP Light Ranch DressingWheat roll w/ 1 tsp margarine 1c Honeydew melon  |
| MONDAY 29, 20241 1/4c Black Eye Pea Soup(3/4c LS Black Eyed Peas, 1/4c.LS Broth, 1/2c Collard greens)1/2c carrot raisin salad Wheat roll w/ 1 tsp unsalted butter 1/2c Plums  | TUESDAY 39, 2024Tuna Salad Sandwich(3/4cTuna, 1/2c Lettuce, 2 slices Tomato, 2 Sl. Wheat Bread)1c Prince Edward Vegetables w/ 1tsp unsalted butter 1oz Potato Chips 1c Strawberries & Banana |  |  | 8 oz 1% Milk Served with MealsOccasionally We Must Substitute Food ItemWe Are Sory for the Inconvenience |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 | 738.7 | 849.9 | 707.8 | 802.9 | 751.3 |
| % Carbohydrates from Calories | 45-55% | 50.6 | 53.0 | 53.7 | 48.3 | 54.9 |
| % Protein from Calories | 15-25% | 29.9 | 19.6 | 20.4 | 20.6 | 17.5 |
| % Fat from Calories | 25-35% | 19.5 | 27.4 | 25.9 | 31.1 | 27.6 |
| Saturated Fat | less than 8g | 7.8 | 7.4 | 7.7 | 7.9 | 5.9 |
| Fiber | 10g or more | 10.0 | 10.1 | 11.6 | 10.3 | 14.3 |
| Vitamin B-12 | .8ug or more | 1.9 | 2.6 | 2.3 | 16.4 | 2.6 |
| Vitamin A | 300ug RAE or more | 763.9 | 367.8 | 402.5 | 1801.4 | 558.7 |
| Vitamin C | 30mg or more | 40.3 | 56.4 | 51.2 | 97.2 | 37.4 |
| Iron | 2.6mg or more | 4.2 | 5.2 | 4.9 | 5.7 | 5.6 |
| Calcium | 400mg or more | 501.1 | 534.5 | 555.7 | 492.2 | 472.5 |
| Sodium | less than 766mg | 702.7 | 762.8 | 763.2 | 722.6 | 762.5 |

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 18, 2024