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| Monday 1, 2024  Garden Chicken Salad  (3oz Chicken, 1c Romaine lettuce, 1/4c Tomatoes, 1/4c cucumbers, 1/4c carrots, 2 TBSP Lite raspberry Vinaigrette)  6 LS WW Crackers  1/2c Peaches | Tuesday 2, 2024  1-Tamales w/  (2 oz. Pork, 1/3c Masa,  2oz Red Chile)  1c Tossed Salad w/  2 TBSP Light Ranch Dressing  1/2c LS Refried Beans  4 LS WW Crackers  1c Grapes | Wednesday 3, 2024  3 oz. LS Roasted Turkey Breast w/ 1/4c Cranberry Sauce  1/2c LS Sweet Mashed Potato  1/2c Broccoli  1 Wheat Roll w/ 1 tsp margarine  1/2c Pineapple | Thursday 4, 2024  1/8th sl. Spinach Quiche  (1 oz. Egg, 1/4c Spinach, ¼ Mushrooms, 1 oz Swiss/mozzarella Cheese)  1c Tuscan Vegetables  Wheat roll  1/2c sweet cherries In 1/2c Light Nonfat Vanilla Yogurt | Friday 5, 2024  Spaghetti w/ meat sauce  (1/2c Spaghetti, 3oz beef, 2oz NAS Sauce  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  1c Green Beans w/Cherry Tomatoes  Wheat roll  1/2c Strawberries, 1 slice SF Angel Food cake |
| Monday 8, 2024  3 oz. LS Pork Chop  1/2c LS Rice Pilaf  1/2c Glazed Carrots  1/2c Collard Green  1 WW Roll w/  1 tsp. Margarine  1 Orange | Tuesday 9, 2024  Meat Ball Sandwich  (3 oz. Turkey Meatballs, 1oz. Mozzarella Cheese,  2oz. NAS Sauce, 1 hot dog Bun)  1c Italian blend vegetables  1/2c Mixed Fruit  1 banana cupcake no frosting | Wednesday 10, 2024  Pepper steak  (3oz beef, 1/2c peppers and onions, 1oz Sauce)  1c Stir Vegetables  1c Brown rice  1c Tropical fruit salad | Thursday 11, 2024  3 oz. Low Sodium Baked Ham  1/2c LS Scalloped potatoes  1/2c Spinach, w/ 1/4c White beans  Wheat 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 Juice  1/2c Beets  1c Coleslaw w/ 2 TBSP Dressing  10 NAS baked French Fries  1c Fruit Salad |
| Monday 15, 2024  4 oz. Beef Stroganoff w/  3/4c Noodles  1/2c Cauliflower  1/2c Braised Red Cabbage w/ 1/4c apples  1 WW Roll  1/2c Pears | Tuesday 16, 2024  Chili Relleno  (1oz Crust, 1 pepper, 1oz cheese)  1c Tossed Salad w/2 TBSP Light Ranch Dressing  1/2c LS Pinto Beans  1/2c LS Spanish Rice  1 Churros | Wednesday 17, 2024  Turkey & Cheese Sandwich  (2 oz. Turkey, 1oz Swiss Cheese, 2 sl. Wheat Bread, 1/2c Lettuce, 2 slices Tomato)  1/2c Tomato and Cucumber Salad  1c Pasta Salad  (1/2c Pasta, 1/2c vegetables)  1 Banana | Thursday 18, 2024  1c Green Chile Pork Stew  (3oz Pork, 1oz GC, 1/2c potatoes)  1c Vegetable medley  1 6in Flour Tortilla.  1/2c baked apple slices | Friday 19, 2024  Meat & 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 Rice  1/2c Tossed Salad w/  1T Light Italian Dressing  1/2c SF Gelatin w/ 1/2c Fruit Cocktail |
| Monday 22, 2024  Cheeseburger  (3 oz. Beef, .5oz Cheese, 1/2c Lettuce, 2 slices Tomato, 1 Bun)  1/2c Sweet Potato Fries  1c Roasted Broccoli  1/2c Cherry in 1/4c Cobbler | Tuesday 23, 2024  3 oz. Chicken Nuggets w/  1oz. BBQ Sauce  1/2c Green beans w/ 1 tsp margarine  1/2c Corn w 1/4c Red bell pepper w/ 1 tsp margarine  6 LS WW crackers  1/2c Mango | Wednesday 24, 2024  3 oz. Liver & 1/4c Onions  1/2c Mashed Potato w/  1 oz. LS Brown Gravy  3/4c Roasted Brussel Sprouts  1 WW Roll w/ 1 tsp. Margarine  1c tropical fruit salad | Thursday 25, 2024  Sweet & Sour Chicken  (3oz Chicken, 2oz Sauce)  1/2c Steam Brown Rice  1c Asian Blend Vegetables  1 Fortune Cookie  3/4c Mandarin Oranges | Friday 26, 2024  8 oz Beef Barley  (3 oz. Beef, 1 oz. Sauce,  1/4c Potato & Barley)  1 c Tossed salad w/ 2 TBSP Light Ranch Dressing  Wheat roll w/ 1 tsp margarine  1c Honeydew melon |
| MONDAY 29, 2024  1 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, 2024  Tuna 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 Meals  Occasionally We Must Substitute Food Item  We Are Sory for the Inconvenience |

***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 | 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