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| 2% milk served at meals |  |  | THURSDAY 1, 2024  Chicken Provencal  (3oz Chicken thigh, 1/2c cherry tomatoes, green olives, capers sauce)  1/2c White Rice  1/2c Spinach & 1/4c Onions  Wheat roll  1/2c SF Gelatin w/ 1/2c Mixed Fruit | FRIDAY 2, 2024  3oz Lean LS Pork Chop  1/3c Scalloped Potatoes  3/4c Broccoli Florets  Wheat Roll  Fresh Apple |
| MONDAY 5, 2024  3oz LS Baked Ham  1/2c Yams  1/2c Vegetable Medley  Wheat Roll w/ 1 tsp margarine  1/2c Pineapple Tidbits  1/2c Greek Vanilla Nonfat Yogurt | TUESDAY 6, 2024  Pork Stir Fry  (3oz Pork, .5oz Sauce)  3/4c Fried Rice  1c Stir Fry Veggies  1/2c Cucumber & Tomato Salad  1/2c Mandarin Oranges | WEDNESDAY 7, 2024  Breaded Chicken Sandwich  (3oz Chicken, 1 WW bun, 1/2c Lettuce, 2 slices tomato)  1c Pasta Salad  (1/2c Pasta, 1/2c Vegetables)  8 baby Carrot & 4 Celery Sticks  1c Tropical Fruit Salad | THURSDAY 8, 2024  Hot Dog  (1 bun, 1oz beef frank, 1/2c steamed green cabbage)  1/2 LS Three bean salad w/ 1/4c Red beans  Banana  1/2c Greek Vanilla Nonfat Yogurt | FRIDAY 9, 2024  3oz Honey Battered Chicken Tenders  1/3c Sweet Potato Fries  1/2c Beets  1/2c Carrot & Raisin Salad  Wheat roll  1/2c Sherbet |
| MONDAY 12, 2024  3oz Salisbury Steak  Mushroom Gravy  (2oz LS Gravy, 1/4c Mushrooms)  1/2c LS Mashed Potatoes  3/4c Brussels Sprouts  Wheat Roll  1 Fresh Pear | TUESDAY 13, 2024  Creamy Lemon Chicken Piccata  (3oz Chicken, 1oz Sauce)  Spinach & Tomato Linguine  (1/2c pasta, 1/2c Spinach and NAS Diced Tomato)  1/2c Carrots  Wheat roll  Orange | WEDNESDAY 14, 2024  ASH WEDNESDAY  Green Chili Salmon Enchiladas  (3oz Salmon, 2 corn tortilla, .5oz cheese, 1oz GC, 2oz Green Chile Sauce, 1/4c onion, 1/2c lettuce and tomato, 2 TBSP Sour Cream)  1/2c LS Pinto Beans, 1/2c Green and red pepper  1/2c Zucchini  1/2c Cinnamon Spiced Apples  1 slice SF Angel Food Cake | THURSDAY 15, 2024  3oz Beef Roast  2oz LS Brown Gravy  Half Baked Potato  1/2c 5 Way Veggies  Wheat Roll  1c Plums | FRIDAY 16, 2024  3/4c Tuna Casserole  with Noodles  (1/2c Pasta, 1/2c Light Tuna, 1oz Sauce, 1/2c Peas and Carrots)  1c Spinach Salad  (1c Spinach, 1/4c red onion, 1 TBSP Cranberries)  w/ 2 TBSP FF Lite Raspberry Vinaigrette  4 LS WWS Crackers  1c Fruit Salad |
| MONDAY 19, 2024  Spaghetti with Meatballs  (3oz meatballs, 1/2c Spaghetti, 2oz NAS Marinara Sauce)  1/2c Green Beans  1c Spinach Salad  (1c Spinach, 1/4c red onion, 1 TBSP Cranberries)  w/ 2 TBSP FF Lite Raspberry Vinaigrette  Breadstick  1/2c Spiced peaches | TUESDAY 20, 2024  3oz Baked Chicken Breast  with Mushroom Sauce  (1/4c Mushrooms, 2oz LS Gravy  1/2c LS Brown Rice Pilaf  1c Broccoli & Cauliflower  Wheat Roll w/ 1 tsp margarine  1/2c SF Gelatin  1/2c Berries | WEDNESDAY 21, 2024  Fito Pie  (3oz ground beef, 2oz red chile, 1oz Corn Chips, 1/2c Lettuce and tomato)  1/2c Spanish Slaw  1c Capri Vegetables  1/2c Apricots | THURSDAY 22, 2024  1c Green Chile Chicken Posole  (3oz Chicken, 1oz GC, 1/2c Hominy)  1c Italian Veggies  1c Tossed Salad  w/ 2 TBSP FF Ranch Dressing  Wheat roll w/ 1 tsp margarine  Cherry Strudel | FRIDAY 23, 2024  Egg Salad Sandwich  Croissant  (1/2c Egg salad=1 egg),1/2c Lettuce, 2 slices tomato, 1 petite croissant)  1/2c Creamy Cucumber Salad  1c LS Tomato Soup  1c Fresh Strawberries  1c Greek Nonfat vanilla Yogurt |
| MONDAY 26, 2024  Sweet & Sour Chicken  (3oz Diced Chicken, 1oz Sauce, 1 TBSP Sesame seeds)  1c Brown Rice w/ 1 tsp margarine  1c Asian Veggies  1/2c mandarin oranges &  1/2c Pineapple Chunks | TUESDAY 27, 2024  Open Face Turkey Sandwich  (1 slice wheat bread, 3oz Turkey slice, 1oz LS Turkey Gravy)  1c Chateau Blend Vegetables w/ 1 tsp unsalted butter  34c Diced Pears | WEDNESDAY 28, 2024  Carne Adovada Burrito  (3oz Pork 2oz Red Chile, 1 8in WW tortilla)  1/2c LS Spanish Rice  1c Vegetable Medley w/ 1 tsp margarine  1c Spinach Salad  (1c Spinach, 1/4c red onion, 1 TBSP Cranberries)  w/ 2 TBSP FF Lite Raspberry Vinaigrette  1/2c LF Chocolate Pudding  3/4c Tropical Fruit Salad | THURSDAY 29, 2024  1c LS Beef & Potato Stew  (3oz beef, 1/2c  Celery, Tomatoes & Carrots)  1/2c Asparagus w/ 1 tsp unsalted butter  Wheat Roll w/ 1tsp unsalted butter  1/2c fruit cocktail |  |

***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:**  **2** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** |
| Calories | 700 or more | 725.0 | 711.6 | 716.1 | 705.0 | 766.6 |
| % Carbohydrates from Calories | 45-55% | 47.1 | 53.5 | 52.4 | 48.5 | 54.9 |
| % Protein from Calories | 15-25% | 21.6 | 17.8 | 22.6 | 27.7 | 21.5 |
| % Fat from Calories | 25-35% | 29.4 | 28.7 | 25.0 | 23.8 | 23.6 |
| Saturated Fat | less than 8g | 8.0 | 7.8 | 8.0 | 7.3 | 8.0 |
| Fiber | 10g or more | 10.5 | 12.4 | 12.2 | 11.1 | 10.0 |
| Vitamin B-12 | .8ug or more | 2.0 | 1.8 | 3.1 | 2.4 | 2.1 |
| Vitamin A | 300ug RAE or more | 437.5 | 532.7 | 532.9 | 462.2 | 451.2 |
| Vitamin C | 30mg or more | 59.9 | 46.6 | 66.1 | 53.6 | 39.2 |
| Iron | 2.6mg or more | 5.2 | 3.6 | 5.5 | 4.6 | 4.4 |
| Calcium | 400mg or more | 516.2 | 489.5 | 484.3 | 530.5 | 431.7 |
| Sodium | less than 766mg | 625.5 | 764.1 | 553.2 | 749.6 | 734.0 |

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 1/8/2024