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| 2% milk served at meals |  |  | THURSDAY 1, 2024Chicken Provencal(3oz Chicken thigh, 1/2c cherry tomatoes, green olives, capers sauce)1/2c White Rice1/2c Spinach & 1/4c OnionsWheat roll 1/2c SF Gelatin w/ 1/2c Mixed Fruit  | FRIDAY 2, 20243oz Lean LS Pork Chop1/3c Scalloped Potatoes3/4c Broccoli FloretsWheat RollFresh Apple |
| MONDAY 5, 20243oz LS Baked Ham1/2c Yams1/2c Vegetable MedleyWheat Roll w/ 1 tsp margarine1/2c Pineapple Tidbits1/2c Greek Vanilla Nonfat Yogurt  | TUESDAY 6, 2024Pork Stir Fry(3oz Pork, .5oz Sauce)3/4c Fried Rice1c Stir Fry Veggies1/2c Cucumber & Tomato Salad1/2c Mandarin Oranges  | WEDNESDAY 7, 2024Breaded 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 Sticks1c Tropical Fruit Salad  | THURSDAY 8, 2024Hot Dog(1 bun, 1oz beef frank, 1/2c steamed green cabbage)1/2 LS Three bean salad w/ 1/4c Red beans Banana1/2c Greek Vanilla Nonfat Yogurt | FRIDAY 9, 20243oz Honey Battered Chicken Tenders1/3c Sweet Potato Fries1/2c Beets 1/2c Carrot & Raisin SaladWheat roll1/2c Sherbet |
| MONDAY 12, 20243oz Salisbury SteakMushroom Gravy(2oz LS Gravy, 1/4c Mushrooms)1/2c LS Mashed Potatoes3/4c Brussels SproutsWheat Roll1 Fresh Pear | TUESDAY 13, 2024Creamy Lemon Chicken Piccata(3oz Chicken, 1oz Sauce)Spinach & Tomato Linguine(1/2c pasta, 1/2c Spinach and NAS Diced Tomato)1/2c Carrots Wheat rollOrange  | WEDNESDAY 14, 2024ASH WEDNESDAYGreen 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 pepper1/2c Zucchini 1/2c Cinnamon Spiced Apples1 slice SF Angel Food Cake | THURSDAY 15, 20243oz Beef Roast2oz LS Brown GravyHalf Baked Potato 1/2c 5 Way VeggiesWheat Roll1c Plums | FRIDAY 16, 20243/4c Tuna Casserolewith 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 Vinaigrette4 LS WWS Crackers1c Fruit Salad |
| MONDAY 19, 2024Spaghetti with Meatballs(3oz meatballs, 1/2c Spaghetti, 2oz NAS Marinara Sauce)1/2c Green Beans1c Spinach Salad (1c Spinach, 1/4c red onion, 1 TBSP Cranberries)w/ 2 TBSP FF Lite Raspberry VinaigretteBreadstick1/2c Spiced peaches | TUESDAY 20, 20243oz Baked Chicken Breastwith Mushroom Sauce(1/4c Mushrooms, 2oz LS Gravy1/2c LS Brown Rice Pilaf1c Broccoli & CauliflowerWheat Roll w/ 1 tsp margarine 1/2c SF Gelatin1/2c Berries  | WEDNESDAY 21, 2024Fito Pie(3oz ground beef, 2oz red chile, 1oz Corn Chips, 1/2c Lettuce and tomato)1/2c Spanish Slaw1c Capri Vegetables1/2c Apricots  | THURSDAY 22, 20241c Green Chile Chicken Posole (3oz Chicken, 1oz GC, 1/2c Hominy)1c Italian Veggies1c Tossed Salad w/ 2 TBSP FF Ranch DressingWheat roll w/ 1 tsp margarineCherry Strudel | FRIDAY 23, 2024Egg Salad SandwichCroissant(1/2c Egg salad=1 egg),1/2c Lettuce, 2 slices tomato, 1 petite croissant)1/2c Creamy Cucumber Salad1c LS Tomato Soup 1c Fresh Strawberries1c Greek Nonfat vanilla Yogurt  |
| MONDAY 26, 2024Sweet & Sour Chicken(3oz Diced Chicken, 1oz Sauce, 1 TBSP Sesame seeds)1c Brown Rice w/ 1 tsp margarine 1c Asian Veggies1/2c mandarin oranges &1/2c Pineapple Chunks  | TUESDAY 27, 2024Open 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, 2024Carne Adovada Burrito(3oz Pork 2oz Red Chile, 1 8in WW tortilla)1/2c LS Spanish Rice1c Vegetable Medley w/ 1 tsp margarine 1c Spinach Salad (1c Spinach, 1/4c red onion, 1 TBSP Cranberries)w/ 2 TBSP FF Lite Raspberry Vinaigrette1/2c LF Chocolate Pudding3/4c Tropical Fruit Salad | THURSDAY 29, 20241c LS Beef & Potato Stew(3oz beef, 1/2cCelery, 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 Week1 | Menu Week2 | Menu Week3 | Menu Week4 | Menu Week5 |
|  |  | **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