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|  | All Meals are Served  with 8oz. 2% Milk  Menus subject to change without notice  Congregate Meal Serving Hour 11:00 am - 12:00pm |  | Thursday 1, 2024  4 oz. Carne Adovada  1/2c Buttered Rice  1/2c Broccoli  1/2c Carrots  1 6 in Flour Tortilla  1/2c Fruit Cocktail | Friday 2 2024  1c Pork Chile Stew  (3 oz. Pork, 2 oz. Green Chile, 1/2c Potato & Onion)  1/2c Green Beans  1 sl. LF Cornbread w/ 1 tsp margarine  1/2c Mandarin Oranges |
| Monday 5 2024  Carne Con Papas Burrito  (3 oz. Beef, 1oz Red Chile, 1/2c Potato,  1 8in WW Tortilla)  1/2c Buttered Cabbage  1/2c Plums | Tuesday 6, 2024  3oz Chopped Steak  1oz LS gravy  1/2c Mashed Potatoes  1/2c Mixed Vegetables  1c Tossed salad w/ 2 TBSP FF ranch Dressing  1 8in WW Tortilla  1/2c SF Gelatin | Wednesday 7,2024  Beef and Broccoli Stir Fry  3 oz. Beef & 1/2c Broccoli,  1 oz. Sauce  1c Brown Rice  1c Stir Fry vegetables  1c Pineapple | Thursday 8, 2024  3 oz. Mama's Meatloaf  1/2c Mashed Potatoes  1 oz. Low Sodium Gravy  3/4c brussel sprouts  1c Tossed Salad w/  2T FF Ranch Dressing  1 Wheat Roll w/  1 tsp. Margarine  1 Pear | Friday 9, 2024  Breakfast  2 HB Egg  2 Pancakes (4in Diameter)  1 TBSP maple syrup, 1 tsp margarine  1 oz. Reduced fat Sausage patty  1/2c Potatoes And 1/2c Onions/peppers  Orange |
| Monday 12, 2024  Chili Dog  (1 oz. Frank, 3 oz. Beef Chili,(2oz beef, 1oz Sauce)  1 wheat hot dog Bun)  1c Coleslaw w/ 2 TBSP FF Ranch Dressing  1/2c Peas & Carrots  1c Mandarin Oranges | Tuesday 13 2024  3 oz. Chopped Beef Steak  1/2c Herb Roasted herb Potatoes  1 oz. Low Sodium Gravy  3/4c Green Beans  1 Wheat Roll  1c tropical Fruit salad | Wednesday 14, 2024  Cheese Enchiladas  (1 oz. Cheese, 1 oz. Red Chile, 2 Corn Tortillas)  1/2c Pinto Beans  1c Tossed Salad w/  2T FF Italian Dressing  6 LS WW crackers  banana | Thursday 15, 2024  1c Lamb Stew  (3 oz. Beef, 1 oz. Sauce,  1/8c Carrots, 1/4c Potato  1/4c Tomatoes, 1/8c Celery)  1/2c Spinach  1 Sl. LF Jalapeno Cornbread  1 Apple | Friday16, 2024  5 oz. Chicken Adovada  (4oz Diced Chicken, 1oz Red Chile sauce)  1/2c LS Spanish Rice  1c Spinach w/ Mushrooms  1 6in Tortilla  1c Fruit Salad w/ 2 TBSP Whipped topping |
|  | Tuesday 20, 2024  1c Chili Mac  (3 oz. Beef, 1 oz. Sauce,  1/2c Macaroni)  1c Winter blend Vegetables  1c Tossed Sald w/ 2 TBSP FF Ranch Dressing  1 Orange  1/2c SF Gelatin | Wednesday 21, 2024  Tuna Salad Sandwich  (4 oz. Tuna Salad (3oz Light Tuna), 2 sl. Wheat Bread)  1/2c Cucumber Coins  1/2c Cold Beets  3/4c Plums | Thursday 22, 2024  Turkey burger  (3 oz. turkey, 1 oz. Swiss cheese, 1 WW Bun)  1c Tri-Color coleslaw w/ 2 TBSP Raspberry Dressing  1oz Sun chips  1c Strawberries | Friday 23, 2024  3/4c Chili & Beans  (2 oz. Red Chile, 3/4c Beans)  1c Vegetable medley  1 sl. LF Cornbread w/ 1TBSP Honey, 1 tsp margarine  1c Fruit Cocktail |
| Monday 26, 2023  Pork & Cabbage W/ Green Chile  (3 oz. Pork, 2 oz. Green Chile, 1/2c Cabbage)  1/2corn w/ 1/4c Red bell pepper  1 6 in WW Tortilla  1/2c Spiced Pears | Tuesday 27, 2024  Frito Pie  (3 oz. Beef, 1/2c Beans,  2 oz Red Chile, 1 oz. Fritos, 1/2c Lettuce, Tomato &  Onion)  1c California Blend Vegetables  1/2c Apricots | Wednesday 28,2024  Grilled Cheese Sandwich  (1oz Cheese, 2 slices wheat bread)  1c LS Tomato Soup  1c Tossed Salad w/ 2 TBSP Fat Free Italian dressing  1/2c Mixed Fruit  1c Light Vanilla Nonfat Yogurt | Thursday 29, 2024  Arroz Con Pollo  (3 oz. Chicken 1 oz. Sauce,  1/2c brown Rice)  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing  6 LS WW crackers  1/2c LF Apples in Cobbler |  |

***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:**  **4** | **Days in Week:**  **4** |
| Calories | 700 or more | 704.6 | 704.3 | 705.4 | 709.5 | 704.7 |
| % Carbohydrates from Calories | 45-55% | 47.6 | 50.3 | 53.1 | 50.6 | 53.4 |
| % Protein from Calories | 15-25% | 23.4 | 22.4 | 20.6 | 21.1 | 19.7 |
| % Fat from Calories | 25-35% | 29.0 | 27.3 | 26.3 | 28.2 | 26.9 |
| Saturated Fat | less than 8g | 7.7 | 7.9 | 8.0 | 7.8 | 7.9 |
| Fiber | 10g or more | 11.0 | 10.0 | 12.1 | 12.0 | 11.8 |
| Vitamin B-12 | .8ug or more | 1.7 | 3.0 | 2.5 | 2.8 | 2.0 |
| Vitamin A | 300ug RAE or more | 598.3 | 453.4 | 589.9 | 358.3 | 485.9 |
| Vitamin C | 30mg or more | 45.0 | 74.3 | 52.1 | 63.0 | 50.9 |
| Iron | 2.6mg or more | 4.0 | 5.5 | 6.1 | 5.3 | 3.95 |
| Calcium | 400mg or more | 493.0 | 420.5 | 527.0 | 526.2 | 543.0 |
| Sodium | less than 766mg | 661.0 | 7.9 | 766.9 | 667.7 | 706.3 |

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.

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***Constance Rudnicki MS, RDN, LD approved on February 8, 2024***