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|   | All Meals are Servedwith 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 20241c 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 margarine1/2c Mandarin Oranges  |
| Monday 5 2024Carne 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, 20243oz Chopped Steak1oz LS gravy1/2c Mashed Potatoes1/2c Mixed Vegetables1c Tossed salad w/ 2 TBSP FF ranch Dressing1 8in WW Tortilla 1/2c SF Gelatin  | Wednesday 7,2024Beef and Broccoli Stir Fry 3 oz. Beef & 1/2c Broccoli, 1 oz. Sauce1c Brown Rice 1c Stir Fry vegetables1c Pineapple  | Thursday 8, 20243 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. Margarine1 Pear | Friday 9, 2024Breakfast2 HB Egg2 Pancakes (4in Diameter)1 TBSP maple syrup, 1 tsp margarine1 oz. Reduced fat Sausage patty1/2c Potatoes And 1/2c Onions/peppersOrange |
| Monday 12, 2024Chili 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 20243 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, 2024Cheese 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 Potato1/4c Tomatoes, 1/8c Celery)1/2c Spinach1 Sl. LF Jalapeno Cornbread1 Apple | Friday16, 20245 oz. Chicken Adovada (4oz Diced Chicken, 1oz Red Chile sauce)1/2c LS Spanish Rice 1c Spinach w/ Mushrooms1 6in Tortilla 1c Fruit Salad w/ 2 TBSP Whipped topping |
|  | Tuesday 20, 20241c Chili Mac (3 oz. Beef, 1 oz. Sauce, 1/2c Macaroni)1c Winter blend Vegetables1c Tossed Sald w/ 2 TBSP FF Ranch Dressing1 Orange1/2c SF Gelatin  | Wednesday 21, 2024Tuna 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, 2024Turkey burger(3 oz. turkey, 1 oz. Swiss cheese, 1 WW Bun) 1c Tri-Color coleslaw w/ 2 TBSP Raspberry Dressing 1oz Sun chips1c Strawberries  | Friday 23, 20243/4c Chili & Beans (2 oz. Red Chile, 3/4c Beans)1c Vegetable medley 1 sl. LF Cornbread w/ 1TBSP Honey, 1 tsp margarine1c 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 Tortilla1/2c Spiced Pears   | Tuesday 27, 2024Frito 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 28,2024Grilled 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, 2024Arroz Con Pollo (3 oz. Chicken 1 oz. Sauce, 1/2c brown Rice)1c Tossed Salad w/ 2 TBSP FF Ranch Dressing6 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***