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| 8 oz. 1% Milk Served With Meals  Occasionally We Must  Substitute Food Items  We Are Sorry For The  Inconvenience | DINE IN LUNCH  11:00 AM TO 1:00 PM |  |  | Friday 1, 2024  3 oz. LS Baked Fish  1 TBSP tartar Sauce  1/2c LS Brown Rice Pilaf w/ 1/2c Mushrooms (w/ 1 tsp unsalted butter)  1/2c Roasted Brussel Sprouts  1c Tossed Salad w/  2T FF Ranch Dressing  Wheat Bread w/ 1 tsp margarine  Orange |
| Monday 4, 2024  Open Face Turkey Sandwich  (3 oz. Roasted Turkey, 2oz. Low Sodium Gravy, 1 Sl. Wheat Bread)  1/2c LS Parsley Potatoes  1/2c Carrots w/ 1 tsp unsalted butter  1/2c Spinach Salad  (1/2c spinach, 1/4c red onion, 1 TBSP cranberries)  1 TBSP Lite Raspberry Vinaigrette  1/2c Baked Apple Slices | Tuesday 5, 2024  3.5 oz. Salisbury Steak  1c Steamed Brown Rice w/ 1 tsp unsalted butter  1c Asparagus w onions w/ 1 tsp margarine  1 sl. Strawberry Shortcake  (1c Strawberries, 1 slice Sugar Free angel food cake) | Wednesday 6, 2024  8oz LS Beef Green Chile Stew  (3 oz. Beef, 1oz Green Chile,  1/2c Potato & Onion)  1c Tossed Salad w/ 2 TBSP FF Italian Dressing  1 6in Wheat Tortilla w/ 1 tsp margarine  1c Pineapple chunks | Thursday 7, 2024  3 oz. Chicken Breast  1/2c LS Herb Roasted Red Potatoes  3/4c Broccoli w/ 1/4 c Red Bell pepper w/ 1 tsp unsalted butter  1 WW Roll w/ 1 tsp. Margarine  1c Mandarin Oranges | Friday 8, 2024  Shrimp Alfredo w/Pasta  (3oz. LS Shrimp, 2 oz Light Alfredo Sauce, 1c Noodles w/ 1 tsp margarine)  1c Vegetable Medley w/ 1 tsp unsalted butter  Wheat roll w/ 1 tsp unsalted butter  1c Fruit salad |
| Monday 11, 2024  GC Chicken Sandwich  (3 oz. Baked Chicken, 1oz GC, .5oz Cheese, 1 Wheat Bun)  1/2c Baked NAS French fries  1/2c celery sticks, 8 baby carrots  3/4c Orange pineapple Salad  (1/2c oranges and pineapples and 1/4c Light Sour cream/Light whipped topping) | Tuesday 12, 2024  Philly Steak Sandwich  (3 oz. LS Philly Beef, .5oz. Mozzarella Cheese, 1/2c Peppers & Onions, 1 hot dog bun)  1c capri Vegetables  1c Peaches | Wednesday 13, 2024  Chef Salad  (1.5c Romaine Lettuce. 1 HB Egg, 1oz Turkey, 1/4c Carrots, 1/4c red cabbage, 1/4c Cucumbers, 1/4c Tomatoes, 2oz Chicken)  2T FF ranch Dressing)  3/4c Beets w/ 1tsp unsalted butter  Wheat roll w/ 1 tsp margarine  1c Apricots | Thursday 14, 2024  2oz. Corned Beef  1/2c Cabbage  1/2c Red Potato  1/2c Carrots w/ 1tsp margarine  1 WW Roll w/ 1 tsp. Margarine  1/2c Light Vanilla Nonfat Yogurt  1/2c Lime Sherbet | Friday 15, 2024  3 oz. Fish Stick w/  1T Tartar Sauce  1c Wild Rice  1c Coleslaw w/ 2 TBSP Dressing  3/4c Spinach w/ 1 tsp margarine  1c Berries w/ 1/4c Whipped Topping |
| Monday 18, 2024  Cheeseburger  (3 oz. Beef, .5 oz Cheese, 1/2c Lettuce & 2 slices Tomato, 1 slice onion, 1 Bun)  1/2c Macaroni Salad  1c California blend Vegetables  1 Apple | Tuesday 19, 2024  3 oz. Grill Chicken w/  Spinach & Cucumber Salad  (1.5c Spinach leaves, 1/4c cucumber, 1/4c Carrots, 1/4c Red Cabbage)  2 TBSP FF Ranch dressing  6 LS WW Crackers  1c Fruit compote | Wednesday 20, 2024  3 oz. LS Lean Pork Roast  1c brown rice w/ 1/2c Leeks and mushrooms w/ 1 tsp unsalted butter  1c LS Three Bean Salad  1 WW Roll w/ 1 tsp. Margarine  1c Plums | Thursday 21, 2024  Ham w/Swiss Sandwich  (2 oz. Low Sodium Ham, 1 oz. Cheese, 1/2c Lettuce & 2 slices Tomato, 2 sl. Wheat Bread)  3/4c reduced sodium Vegetable Soup  1c Winter blend Veg w/ 1 tsp unsalted butter  1 Oranges | Friday 22, 2024  Crab salad  (1/2c Crab salad w/ 3oz Crab, 6 LS WW crackers)  1c Chateau Blend Vegetables w/ 1 tsp unsalted butter  1 oz. Sun Chips  Fresh Pear |
| Monday 25, 2024  Beef Chow Mein  (3 oz. Beef, 1/2c Noodles)  1c Oriental Vegetables  1/2c mandarin oranges  1 Fortune Cookie | Tuesday 26, 2024  Grilled Cheese  (1 oz. Cheese, 2 Sl. Wheat Bread)  1/2c Green Beans  1/2c NAS Baked French Freis  1c Light Vanilla nonfat Yogurt  1/2c Fruit Cocktail | Wednesday 27, 2024  1.5c LS Black Eye Pea Soup  (3/4c Black Eyed Peas,  1 slice reduced sodium bacon, 1/2c collard greens/carrots/onion  2oz. LS vegetable Broth)  1c Tossed Salad w/ 2 TBSP FF Italian Dressing  1/3c Tapioca Pudding w/ 1/4c Sweet cherries  1 slice LF cornbread w/ 1 tsp unsalted butter | Thursday 28, 2024  Sloppy Joe  (3 oz. Beef, 1 oz Sauce, 1 Bun)  1c Pasta Salad  (1/2c vegetables, 1/2c pasta)  1/2c Calabacitas  banana | Friday 29, 2024  Chile Relleno  (1 green chile , 1 oz. Cheese,1 oz. Breading)  1c Tossed Salad w/  2T FF ranch Dressing  1/2c LS Pinto Beans  1/2c LS Spanish Rice  1 Churros |

***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:**  **1** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** |
| Calories | 700 or more | 701.0 | 708.2 | 725.9 | 728.3 | 723.5 |
| % Carbohydrates from Calories | 45-55% | 51.5 | 52.2 | 51.6 | 54.0 | 54.6 |
| % Protein from Calories | 15-25% | 21.8 | 22.1 | 19.6 | 20.3 | 20.1 |
| % Fat from Calories | 25-35% | 26.7 | 25.6 | 28.9 | 25.7 | 25.3 |
| Saturated Fat | less than 8g | 6.5 | 8.0 | 8.0 | 7.5 | 7.9 |
| Fiber | 10g or more | 11.4 | 10.2 | 10.1 | 10.8 | 11.1 |
| Vitamin B-12 | .8ug or more | 2.0 | 2.1 | 1.6 | 2.1 | 2.2 |
| Vitamin A | 300ug RAE or more | 769.7 | 527.6 | 819.5 | 377.6 | 520.2 |
| Vitamin C | 30mg or more | 135.3 | 73.6 | 37.9 | 49.0 | 60.9 |
| Iron | 2.6mg or more | 4.9 | 5.5 | 4.4 | 4.0 | 5.2 |
| Calcium | 400mg or more | 478.8 | 438.9 | 523.2 | 487.3 | 598.3 |
| Sodium | less than 766mg | 722.7 | 741.2 | 763.8 | 762.5 | 763.0 |

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 February 16, 2024