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| --- | --- | --- | --- | --- |
| Monday 1, 2024  Teriyaki Chicken  (.5oz teriyaki sauce,3oz diced chicken, 1 tsp sesame seeds)  1c Brown Rice  1c Asian Veggies  1/2c mandarin Oranges & 1/2c Pineapple chunks  1 Fortune Cookie | Tuesday 2, 2024  Hot Turkey “Sandwich”  (3 oz. Turkey, 1 sl. Wheat Bread, 2 oz. LS Gravy)  3/4c Sweet Potatoes  3/4c LS LF broccoli Salad  1/2c Warm apple slices | Wednesday 3, 2024  8oz Pork Posole  (3oz pork,1/2c hominy, 2oz, red chile)  1/2c LS Spanish Rice  1c Zucchini w/ NAS diced tomatoes  1 6in Flour Tortilla  Fresh pear | Thursday 4, 2024  Spaghetti w/ meat sauce  (3/4c Spaghetti, 3oz ground meat, 2oz LS marinara Sauce)  1c Italian Blend Veg w/ 1 tsp margarine  1 Wheat Roll w/1tsp Margarine  1c Fruit Salad | Friday 5, 2024  Ham & Cheese Sandwich  (2oz LS lean ham,1oz swiss cheese,2 sl wheat bread, 1/2c Lettuce,  2 sl. Tomato)  1oz Sun Chips  1c Garden Blend Vegetables  1c Watermelon |
| Monday 8, 2024  4oz Salisbury Steak  1/2c LS Mashed Potatoes  Mushroom Gravy  (3oz LS Gravy, 1/2c Mushrooms)  1/2c  Wheat Roll  1c Tropical Fruit | Tuesday 9, 2024  1c Green Chili Chicken Enchiladas  (3 oz. Chicken, 1 oz. Green Chile, 1 oz. Cheese,  2 Corn Tortillas, 1/2c Lettuce and tomato)  1c California Blend  1/2c LS Spanish Rice  1/2c Spiced Peaches | Wednesday 10, 2024  Hot Roast Beef Sandwich  (3oz lean roast beef, 1 hot dog bun, 1/4c sauteed onions,.5oz Swiss Cheese)  1oz Au Jus Sauce  1/2c LS 3 Bean Salad  3/4c Beets  Banana | Thursday 11, 2024  3oz baked Chicken  2oz LS Chicken gravy  1/2c Wild Rice  1c Asparagus w/Onions  Wheat roll  1/2c Apricots | Friday 12, 2024  1/2c Cheese Tortellini  (1oz Cheese)  4oz NAS Marinara Sauce  1c Vegetable medley  1c Tossed Salad w/2 TBSP Light Ranch Dressing  1 Wheat Roll  1 Oatmeal Cookie  1c light nonfat vanilla yogurt |
| Monday 15, 2024  Sloppy Joes  (3oz beef,2oz sauce,1 WW bun, 1/2c Peppers and onions)  1/2c LS Parsley Potatoes  1/2c Carrots w/ 1 tsp margarine  1/2c Sherbet | Tuesday 16, 2024  Sweet & Sour Pork  (3oz Pork, 1/2c peppers, onions, pineapple, 1oz Sauce)  1c Brown Rice  1c Stir Fry Veggies  1 Vegetable Egg Roll  3/4c Mandarin Oranges | Wednesday 17, 2024  1/2c Classic Chicken salad  (3oz chicken, 1/4c celery & onions, 2 slices wheat bread, 1/2c lettuce)  1/2c Tomato and Onion Salad  1/2c Sweet potatoes  1c Strawberries  1 slice SF angel food cake | Thursday 18, 2024  3oz LS Herbed Pork chop  3/4c Lemon Herb Orzo  1c California Blend Vegetables w/ 1 tsp margarine  Wheat roll w/ 1 tsp margarine  1/2c Mixed Fruit | Friday 19, 2024  Chicken Taco  (3oz Chicken, 2 TBSP Salsa, 1/2c Lettuce and tomato, 1 6in Flour Tortilla)  1c Capri Vegetables w/ 1 tsp margarine  1/2c LS Spanish Rice  1/2c Mango |
| Monday 22, 2024  3 oz. Country Fried Steak  1 oz. Low Sodium Country Gravy  1/2c LS Mashed Potatoes  1/2c Roasted Brussel sprouts  1 WW Roll  Fresh pear | Tuesday 23, 2024  Chicken Adovada  3 oz diced chicken, 2 oz red Chile sauce  1 6in flour tortilla  1/2c Calabacitas  1 c garden salad w 2 TBSP Light Italian Dresing dressing  1c Pineapple | Wednesday 24, 2024  4 oz. Meatloaf  1/2c Herb Roasted Red Potatoes  1/2c Tossed Salad w/ 1 TBSP Light ranch dressing  1/2c 5 way Mixed Veggies  1 slice wheat bread w/ 1 tsp. Margarine  1 Apple  1/2c Lemon Pudding | Thursday 25, 2024  Pork Tamale  (3 oz. Pork, 2oz Red Chile,  1/4c Masa)  1/2c LS Black Beans w/ 1/2c Red Pepper  1/2c Spanish Slaw  1/2c sliced peaches | Friday 26, 2024  3oz LS Baked Fish  w/ lemon Wedge  1/2c Penne pasta w/ 1/2c spinach, 1 tsp margarine  1c California blend Vegetables  1/2c SF gelatin w/ 1/2c Fruit Cocktail |
| Monday 29, 2024  Chef’s Salad  1 oz. Turkey, 2oz Chicken, 1.5c Lettuce & 1/4c Tomato, 1 HB Egg, 1/4c cucumber, 1/4c carrots, 1/4c Red Cabbage,, 2T Light Ranch Dressing  6 LS WW crackers  Banana | Tuesday 30, 2024  BBQ Chicken  (3oz chicken,  1 TBSP BBQ Sauce)  1/2c Yams  1/2c Winter blend vegetables  1/2c LS Three bean salad  1 WW Roll w/ 1 tsp unsalted butter  1c Fruit Salad |  |  | 2% milk served at meals |

***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: 5** | **Days in Week: 5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week: 2** |
| Calories | 700 or more | 730.5 | 719.6 | 825.3 | 700.0 | 713.0 |
| % Carbohydrates from Calories | 45-55% | 53.3 | 50.7 | 50.6 | 51.2 | 49.6 |
| % Protein from Calories | 15-25% | 20.0 | 24.3 | 21.5 | 19.6 | 22.6 |
| % Fat from Calories | 25-35% | 26.7 | 25.0 | 27.6 | 29.2 | 27.8 |
| Saturated Fat | less than 8g | 7.7 | 8.0 | 8.0 | 7.8 | 7.6 |
| Fiber | 10g or more | 10.0 | 10.0 | 10.0 | 10.9 | 10.6 |
| Vitamin B-12 | .8ug or more | 1.9 | 2.6 | 2.1 | 2.1 | 1.7 |
| Vitamin A | 300ug RAE or more | 390.9 | 370.9 | 528.0 | 469.6 | 492.3 |
| Vitamin C | 30mg or more | 48.2 | 37.8 | 75.3 | 69.3 | 37.2 |
| Iron | 2.6mg or more | 4.0 | 4.7 | 5.1 | 4.9 | 3.7 |
| Calcium | 400mg or more | 448.7 | 564.1 | 448.2 | 449.6 | 413.4 |
| Sodium | less than 766mg | 756.5 | 624.2 | 741.2 | 760.4 | 734.4 |

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 March 26, 2024