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| Monday December 2  1C GC Pork Stew  (3oz Pork, 1oz GC, 1/2c vegetables)  1/2c Tom/Cucumber salad  1.5c Tossed salad w/ 2 TBSP light Italian Dressing  1oz Cornbread  1/2C Pears | Tuesday December 3  3/4c chili Beans w/Beef (3oz Beef, 1/4cTomatoes 1/2C Pinto Beans 1oz Red Chili)  1.5C Garden Salad w/ 2 TBSP light Italian Dressing  1oz Cornbread  1/2c Mandarin Oranges | Wednesday December 4  3oz LS Herbed Pork Chop  2oz LS Gravy  1/2c LS brown Rice Pilaf  1c California blend vegetables  Wheat roll  1c Strawberries and bananas | Thursday December 5  3oz Chicken Fried Steak  1/3c Mashed Potatoes  1oz LS Country Gravy  3/4c green Beans  3/4c Tossed salad w/ 1 TBSP light Italian Dressing  Wheat roll  1c Tropical fruit salad | Friday December 6  6oz Red Chile Ench.  (0.5oz Cheese, 1/4C LS Red Chile Sauce, 2 Corn Tortilla)  1/2C Lettuce/Tomatoes  3/4C LS Pinto Beans  1c Capri Vegetables  1/2c Apricots  1c Light nonfat vanilla yogurt |
| Monday December 9  GC Cheeseburger (1 HB Patty, 0.5oz Cheese Slice, 1 ww bun, 1/2c lettuce, 2 slices tomato, 1 slice onion, 2 TBSP GC )  1/2c NAS Baked French Fries  1/2c Broccoli  1/2c Fruit Cocktail | Tuesday December 10  1C Ham & Beans (2oz LS Ham, 1/2C Beans, 2oz sauce)  1.5c Tossed salad w/ 2 TBSP light Ranch Dressing  1oz Cornbread  1/2c Warm apple Slices | Wednesday December 11  Beef Tacos  (3oz Beef, 2 Corn Tortilla)  1/2C Lettuce/Tomato, 2 TBSP salsa)  1/2c LS Spanish Rice  1c Island Blend vegetables  1/2c Mixed Fruit | Thursday December 12  Chicken Alfredo  (1/2c Penne Pasta, 3oz Diced Chicken, 1oz light Alfredo Sauce)  1c Italian Blend Vegetables  Wheat roll  1/2c Peaches | Friday December 13  3oz Meatloaf  1/3c Scalloped Potatoes  1/2c Spinach  1.5c Tossed salad w/ 2 TBSP light Italian Dressing  1 WW Roll  1/2c Pineapple Chunks |
| Monday December 16  3oz LS roasted Chicken Breast  2oz LS gravy  1/4c Mushrooms  3/4c Green Beans W/1/4c Tom  1/3c LS Herb roasted herb potatoes  1 WW Roll  1c Fruit Salad | Tuesday December 17  1C RC Pork Posole  (3oz Pork, 1oz RC, ½c Hominy)  1/3c Calabacitas  1.5c Tossed Salad w/ 2 TB SP light Italian Dressing  1 6in flour tortilla  Orange | Wednesday December 18  Spaghetti W/Meatballs  (3oz meatballs, 1/2C noodles, 1/2c NAS Marinara)  1c Vegetable medley  3/4c Garden Salad W/ 1 TBSP Light Ranch Dressing  1 Wheat roll  1 banana | Thursday December 19  Open Faced Turkey Sandwich  (2oz Turkey, 1oz LS gravy, 1 slice wheat bread)  1/3c Parsley Potatoes  3/4c Carrots  3/4c spiced pears  1/2c Light nonfat vanilla yogurt | Friday December 20 3oz Oven Fried Chicken  1c Coleslaw w/ 2 TBSP dressing  3/4c LS Roasted brussels sprouts  Wheat roll w/ 1 tsp unsalted butter  1c Applesauce |
| Monday December 23  2oz LS Glazed Ham  1oz Pineapple Glaze  2 slices pineapple  1/2C baked Sweet Potatoes, w/ 1/4c Chopped pecans  1c Green Beans w/Mushrooms and onions  1 WW Roll  1/2c Light nonfat vanilla yogurt  ½ slice Pumpkin Pie W/1 TBSP whipped topping | Tuesday December 24  Closed for Christmas | Wednesday December 25  Closed for Christmas | Thursday December 26  Tuna Salad Sandwich  (4 oz. Tuna Salad, 2 sl. Wheat Bread, 1/2c baby spinach, 2 slices tomato)  1/2c LS cold beets  1/2c Carrot raisin salad  1c Tropical Light salad | Friday December 27  3oz LS Salisbury Steak  1/3C Mashed Potatoes  2oz LS gravy  1c Winter vegetables  Wheat roll  3/4c Fruit cocktail |
| Monday December 30  Beef Fajitas  (3oz beef, 1/2c peppers and onions, 2 corn tortilla, 2 TBSP salsa)  1/2c LS Pinto beans  1c Capri Vegetables Banana | Tuesday December 31  1c LS Chicken Noodle Soup  (3oz Chicken, 1/8c Broth 1/4c Noodles, 1/4c carrots, celery, onions)  3/4c Tossed salad w/ 1 TBSP light Italian Dressing  1c Roasted Zucchini w/ NAS diced Tomatoes  Wheat roll  1c Fruit salad |  |  |  |

***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:**  **3** | **Days in Week:**  **2** |
| Calories | **700 or more** | 715.0 | 711.1 | 704.5 | 797.0 | 724.6 |
| % Carbohydrates from Calories | **45-55%** | 52.3 | 52.3 | 50.6 | 50.0 | 50.2 |
| % Protein from Calories | **15-25%** | 20.4 | 21.3 | 20.3 | 17.2 | 23.3 |
| % Fat from Calories | **25-35%** | 27.3 | 26.4 | 29.1 | 32.8 | 26.6 |
| Saturated Fat | **less than 8g** | 8.0 | 7.8 | 7.8 | 7.9 | 7.2 |
| Fiber | **10g or more** | 13.6 | 11.2 | 11.2 | 10.2 | 14.1 |
| Vitamin B-12 | **.8ug or more** | 2.2 | 2.5 | 1.9 | 2.7 | 2.6 |
| Vitamin A | **300ug RAE or more** | 598.3 | 547.9 | 521.9 | 592.7 | 396.9 |
| Vitamin C | **30mg or more** | 66.3 | 47.0 | 50.5 | 65.1 | 75.4 |
| Iron | **2.6mg or more** | 4.2 | 5.4 | 4.5 | 4.6 | 5.2 |
| Calcium | **400mg or more** | 520.7 | 488.4 | 452.1 | 495.9 | 440.2 |
| Sodium | **less than 766mg** | 752.4 | 757.6 | 764.6 | 753.6 | 520.3 |

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.

Constance Rudnicki MS, RDN, LD approved on November 4, 2024