|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  Monday 2, 2024Pepperoni Pizza(7 slices Pepperoni, 1oz Cheese, 2oz Sauce, 1oz Crust)1/3c Beets & Onions Salad3/4c Cauliflower1c. Grapes1c Light (SF) nonfat vanilla yogurt | Tuesday 3, 20241c Beef Stew(3 oz. Beef, 1 oz Sauce, 1/2c Potatoes & Carrots)1.5c Tossed Salad w/ 2T light Ranch Dressing1 Wheat Roll w/ 1 tsp unsalted butter 1/2c Vegetable Medley w/ 1 tsp unsalted butter 1c Light Tropical Fruit Salad  | Wednesday 4, 20243 oz. Lean Pork Chop1 oz LS Gravy1/2c parsley Potatoes1c Chateau Blend Vegetables w/ 1 tsp unsalted butter 1 Wheat roll w/ 1 tsp. Margarine3/4c Applesauce | Thursday 5, 2024Sloppy Joe(3 oz. Beef, 1/4c Sauce, 1 Bun, 1/2c Peppers and onions)1/2c Calabacitas 1/2c Potato Wedges1oz Sun chips1c Pears  | Friday 6, 2024Sweet n Sour Chicken3oz Diced Chicken, 2 TBSP Sauce1/2c Steam Brown Rice1c Stir Fry Veg1 Fortune Cookie1c Mandarin oranges and pineapple chunks  |
| Monday 9, 2024Hot Dog(1 oz. Frank,1/2 Bun)1c Baby Carrots & Green Beans1/2c LS Ranch Beans 1/2c sliced apple | Tuesday 10, 20243 oz. Chicken Tenders 1 TBSP BBQ Sauce1/2c Sweet potato fries 1/2c LS three bean saladWheat bread 1/2c Peaches | Wednesday 11, 2024Swedish Meat Balls(3oz meatball, 2oz Sauce)1/2c Egg Noodle1c California Blend Vegetables w/ 1 tsp unsalted butter 1 Sl. Wheat Bread Banana | Thursday 12, 20243/4c Clam Chowder(3 oz. Clams, 1/2c potatoes, carrots, onion)1/2c Brussel Sprouts1.5c Tossed Salad w/ 2T Light Ranch DressingWheat bread w/ 1 tsp unsalted butter 1c Fruit Salad | Friday 13, 2024Meat & Bean Burrito(2 oz. Beef, 1/4c LS Pinto Beans, 1/4c LS Red Chile, 1 8 in wheat Tortilla)1c Capri Vegetables 1/3c LS Spanish Rice1/2c Fruit Cocktail   |
| Monday 16, 20241c Chicken Tetrazzini(3 oz Chicken, 1 oz. Sauce, 1/4c Mushroom & Onion, 1/2c Noodles)3/4c Broccoli1.5c Tossed salad w/ 2 TBSP light ranch dressing 1 Sl. Wheat Bread w/ 1 tsp. unsalted butter 1/2c Mixed Fruit  | Tuesday 17, 2024Turkey & Cheese Sandwich(2 oz. Turkey 1 oz Swiss Cheese, 2 sl. Wheat Bread, 1/2c romaine lettuce, 2 slices tomato)1c LS Tomato Soup1/2c cucumber and tomato salad1c Strawberries  | Wednesday 18, 20243/4c Cheeseburger Macaroni(3 oz. Beef, .5oz. Cheese, 1/2c Macaroni)1c Tossed Salad w/ 2T Light Italian Dressing1/2c spinach w/1 tsp margarineFresh pear | Thursday 19, 20243 oz. Baked Chicken2oz LS gravy 1/2c Wild Rice/Brown w/ 1 tsp margarine1/2c Asparagus w/ 1 tsp margarine 1/2c NAS Stewed Tomatoes1/2c Pineapple | Friday 20, 20243 oz. LS Lemon Baked Pepper Fish2 TBSP Tartar Sauce 1c Island Blend vegetables w/ 1 tsp unsalted butter 1/2c NAS Baked French Fries 1oz Cornbread w/ 1 tsp. Margarine1/2c Apricots |
| Monday 23, 20241c LS Turkey & Rice Soup(3 oz. Shredded Turkey, 1 oz. LS Chicken Broth, 1/4c Brown Rice) 1/4c onion, celery, carrots1.5c Tossed Salad w/ 2 TBSP Light Ranch DressingWheat rollBanana | Tuesday 24, 2024SENIOR CENTER CLOSEDCHRISTMAS HOLIDAY | Wednesday 25, 2024SENIOR CENTER CLOSEDCHRISTMAS HOLIDAY | Thursday 26, 20243 oz. Roast Beef1/2c LS Mashed Potatoes w/2 oz. Low Sodium Gravy3/4c Green Beans1 WW Roll 3/4c Tossed salad w/ 1 TBSP light Italian Dressing1 oz White Cake w/ 1 TBSP Coconut Frosting 3/4c Strawberries | Friday 27, 20245oz Carne Adovada(2oz RC, 3oz Pork)1c Capri Vegetables1/2c LS pinto beans 1 6in Flour Tortilla1/2c Spiced Peaches  |
| Monday 30, 2024Penne Pasta w/ meat sauce(1/2c Pasta, 3oz ground beef, 3oz NAS Marinara Sauce)3/4c Tossed salad w/ 1 TBSP Light Italian dressing1c Italian blend vegetablesWheat roll Orange | Friday 31, 20241c Black Eyed Pea Soup(2 oz. Beef, 1/4c Black Eyed Peas, 1/2c Tomato & Onion, 1oz LS Beef Broth)1/2c carrots 1.5c Tossed salad w/ 2 TBSP Light ranch dressing1oz Cornbread 3/4c Crushed Pineapple w/ 1/2c SF Gelatin  |   | DINE IN LUNCH11:00 AM TO 1:00 PM | Occasionally We MustSubstitute Food ItemsWe Are Sorry For TheInconvenience |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 | 758.5 | 709.3 | 731.3 | 712.5 | 748.3 |
| % Carbohydrates from Calories | 45-55% | 54.7 | 52.9 | 48.5 | 48.5 | 46.0 |
| % Protein from Calories | 15-25% | 19.9 | 16.8 | 23.8 | 20.8 | 25.7 |
| % Fat from Calories | 25-35% | 25.4 | 30.2 | 27.7 | 30.8 | 28.3 |
| Saturated Fat | less than 8g | 8.0 | 7.8 | 7.8 | 7.8 | 7.9 |
| Fiber | 10g or more | 10.0 | 12.4 | 10.2 | 11.0 | 12.1 |
| Vitamin B-12 | .8ug or more | 2.4 | 2.7 | 2.2 | 2.2 | 4.1 |
| Vitamin A | 300ug RAE or more | 463.4 | 578.5 | 668.3 | 447.9 | 919.6 |
| Vitamin C | 30mg or more | 89.8 | 32.0 | 63.8 | 43.4 | 73.3 |
| Iron | 2.6mg or more | 4.2 | 4.6 | 5.3 | 4.0 | 5.9 |
| Calcium | 400mg or more | 487.4 | 491.5 | 594.7 | 456.2 | 518.2 |
| Sodium | less than 766mg | 757.6 | 759.6 | 739.0 | 714.1 | 746.5 |

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 22, 2024