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| --- | --- | --- | --- | --- |
| Monday 2, 2024  Pepperoni Pizza  (7 slices Pepperoni, 1oz Cheese, 2oz Sauce, 1oz Crust)  1/3c Beets & Onions Salad  3/4c Cauliflower  1c. Grapes  1c Light (SF) nonfat vanilla yogurt | Tuesday 3, 2024  1c Beef Stew  (3 oz. Beef, 1 oz Sauce,  1/2c Potatoes & Carrots)  1.5c Tossed Salad w/  2T light Ranch Dressing  1 Wheat Roll w/ 1 tsp unsalted butter  1/2c Vegetable Medley w/ 1 tsp unsalted butter  1c Light Tropical Fruit Salad | Wednesday 4, 2024  3 oz. Lean Pork Chop  1 oz LS Gravy  1/2c parsley Potatoes  1c Chateau Blend Vegetables w/ 1 tsp unsalted butter  1 Wheat roll w/ 1 tsp. Margarine  3/4c Applesauce | Thursday 5, 2024  Sloppy Joe  (3 oz. Beef, 1/4c Sauce, 1 Bun, 1/2c Peppers and onions)  1/2c Calabacitas  1/2c Potato Wedges  1oz Sun chips  1c Pears | Friday 6, 2024  Sweet n Sour Chicken  3oz Diced Chicken, 2 TBSP Sauce  1/2c Steam Brown Rice  1c Stir Fry Veg  1 Fortune Cookie  1c Mandarin oranges and pineapple chunks |
| Monday 9, 2024  Hot Dog  (1 oz. Frank,1/2 Bun)  1c Baby Carrots & Green Beans  1/2c LS Ranch Beans  1/2c sliced apple | Tuesday 10, 2024  3 oz. Chicken Tenders  1 TBSP BBQ Sauce  1/2c Sweet potato fries  1/2c LS three bean salad  Wheat bread  1/2c Peaches | Wednesday 11, 2024  Swedish Meat Balls  (3oz meatball, 2oz Sauce)  1/2c Egg Noodle  1c California Blend Vegetables w/ 1 tsp unsalted butter  1 Sl. Wheat Bread  Banana | Thursday 12, 2024  3/4c Clam Chowder  (3 oz. Clams, 1/2c potatoes, carrots, onion)  1/2c Brussel Sprouts  1.5c Tossed Salad w/  2T Light Ranch Dressing  Wheat bread w/ 1 tsp unsalted butter  1c Fruit Salad | Friday 13, 2024  Meat & 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 Rice  1/2c Fruit Cocktail |
| Monday 16, 2024  1c Chicken Tetrazzini  (3 oz Chicken, 1 oz. Sauce,  1/4c Mushroom & Onion,  1/2c Noodles)  3/4c Broccoli  1.5c Tossed salad w/ 2 TBSP light ranch dressing  1 Sl. Wheat Bread w/ 1 tsp. unsalted butter  1/2c Mixed Fruit | Tuesday 17, 2024  Turkey & Cheese Sandwich  (2 oz. Turkey 1 oz Swiss Cheese,  2 sl. Wheat Bread, 1/2c romaine lettuce, 2 slices tomato)  1c LS Tomato Soup  1/2c cucumber and tomato salad  1c Strawberries | Wednesday 18, 2024  3/4c Cheeseburger Macaroni  (3 oz. Beef, .5oz. Cheese,  1/2c Macaroni)  1c Tossed Salad w/  2T Light Italian Dressing  1/2c spinach w/1 tsp margarine  Fresh pear | Thursday 19, 2024  3 oz. Baked Chicken  2oz LS gravy  1/2c Wild Rice/Brown w/ 1 tsp margarine  1/2c Asparagus w/ 1 tsp margarine  1/2c NAS Stewed Tomatoes  1/2c Pineapple | Friday 20, 2024  3 oz. LS Lemon Baked Pepper Fish  2 TBSP Tartar Sauce  1c Island Blend vegetables w/ 1 tsp unsalted butter  1/2c NAS Baked French Fries  1oz Cornbread w/ 1 tsp. Margarine  1/2c Apricots |
| Monday 23, 2024  1c LS Turkey & Rice Soup  (3 oz. Shredded Turkey, 1 oz. LS Chicken Broth,  1/4c Brown Rice)  1/4c onion, celery, carrots  1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing  Wheat roll  Banana | Tuesday 24, 2024  SENIOR CENTER CLOSED  CHRISTMAS HOLIDAY | Wednesday 25, 2024  SENIOR CENTER  CLOSED  CHRISTMAS HOLIDAY | Thursday 26, 2024  3 oz. Roast Beef  1/2c LS Mashed Potatoes w/  2 oz. Low Sodium Gravy  3/4c Green Beans  1 WW Roll  3/4c Tossed salad w/ 1 TBSP light Italian Dressing  1 oz White Cake w/ 1 TBSP Coconut Frosting  3/4c Strawberries | Friday 27, 2024  5oz Carne Adovada  (2oz RC, 3oz Pork)  1c Capri Vegetables  1/2c LS pinto beans  1 6in Flour Tortilla  1/2c Spiced Peaches |
| Monday 30, 2024  Penne Pasta w/ meat sauce  (1/2c Pasta, 3oz ground beef, 3oz NAS Marinara Sauce)  3/4c Tossed salad w/ 1 TBSP Light Italian dressing  1c Italian blend vegetables  Wheat roll  Orange | Friday 31, 2024  1c 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 dressing  1oz Cornbread  3/4c Crushed Pineapple w/ 1/2c SF Gelatin |  | DINE IN LUNCH  11:00 AM TO 1:00 PM | Occasionally We Must  Substitute Food Items  We Are Sorry For The  Inconvenience |

***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 | 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