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| --- | --- | --- | --- | --- |
| Monday 23oz Oven Baked Chicken1/3c Mash Potatoes2oz LS gravy3/4c AsparagusWheat Roll w/ 1 tsp margarine 1/2c SF gelatin 1c Strawberries | Tuesday 3Pepperoni Pizza(1oz Crust, 1oz Cheese, 2oz Pizza sauce, 0.5oz pepperoni)1.5 Tossed salad w/ 2 TBSP light ranch dressing3/4c Warm Apple Slices1c Light (SF) nonfat vanilla yogurt  | Wednesday 45oz Mac and Cheese w/ GC (1/2c macaroni, 1oz Cheese, 2 TBSP GC)1c Italian Blend vegetables1.5c Tossed salad w/ 2 TBSP light Ranch Dressing1c Light (SF) nonfat vanilla yogurt3/4c Pears | Thursday 5Chicken Tacos(2 corn tortilla, 3oz Chicken, 2 TBSP salsa, 1/2c Lettuce and tomato)1/2c Pinto beans1c Capri Vegetables3/4c Tossed salad w/ 1 TBSP light Ranch Dressing 3/4c Pineapple | Friday 6Beef & Broccoli(1/2c Broccoli, 3oz Beef, 1 tsp sesame seeds)1c Asian vegetables1/2c Brown Rice1c Tropical Fruit |
| Monday 93oz Country Steak3/4c Brussel Sprouts1/3c Mashed potatoes, w/ 1oz country gravyWheat roll 1.5c Tossed salad w/ 2 TBSP light ranch dressingOrange | Tuesday 10Chile Relleno(1 pepper, 1oz cheese, 1 oz crust)1/2c LS Pinto Beans1c zucchini and NAS diced tomatoes1/2c LS Spanish rice1 banana | Wednesday 116oz LS Beef Stroganoff(3oz beef, 3oz Sauce)1/2c egg noodles1/2c Mushrooms3/4c Green Beans 1.5c Tossed salad w/ 2 TBSP light ranch dressingFresh pear  | Thursday 122 Scrambled eggs1/2c Diced Potatoes1/2c Peppers/Onions1 slice wheat bread, w/ 1 tsp margarine 1c Fruit Salad1/2c Light (SF) nonfat vanilla yogurt | Friday 13Sloppy Joe(3oz beef, 1/4c sauce, 1 wheat bun, 1/2c peppers and onions)1c California blend vegetables 1c Apricots  |
| Monday 16 3oz LS Lemon Pepper Fish2 TBSP Tartar Sauce1/2c Brown Wild Rice1c Vegetable medley w/ 1 tsp unsalted butter Wheat roll w/ 1 tsp unsalted butter 1c Grapes | Tuesday 171c GC Pork Stew(3oz Pork, 2 TBSP GC, 1/2c Potatoes, tomatoes)1/2c Calabacitas 1.5c Tossed Salad w/ 1 TBSP light Italian dressing 1 6in Flour Tortilla1/3c Chocolate Pudding1c Mixed Fruit | Wednesday 18Open Face Roast Beef(3oz beef, 1 slice wheat bread, 2oz LS gravy)1/2c LS Herb Roasted Red potatoes1/2c LS three bean salad1/2c Light (SF) nonfat vanilla yogurt3/4c Berries  | Thursday 19GC Alfredo Pasta(2 TBSP GC, 1/2c Spaghetti, 2oz light alfredo sauce)1.5c Tossed salad w/ 2 TBSP light Italian dressingw/ 1/2c Garbanzo beans1/2c Mandarin Oranges1/2c Light (SF) nonfat vanilla yogurt | Friday 203oz LS Herbed Pork Chops2oz LS gravy1/2c Spinach½ Baked Potatow/ 1 tsp margarine, 2 TBSP sour cream Wheat roll w/ 1 tsp unsalted butter 1/2c Sliced Apples |
| Monday 233/4c LS RC Posole(2oz RC, 1/2c hominy)1/2c Brussel sprouts1/2c Yellow squashHB egg6 in Wheat tortilla1c Fruit Salad1c Light (SF) nonfat vanilla yogur | Closed Christmas Eve | Closed Christmas | Thursday 26Chicken Fajita(3oz chicken, 1/2c peppers and onions, 2 TBSP salsa, 1 6in flour tortilla)1/2c Zucchini1/2c Carrots1/2c Peaches  | Friday 271c Lasagna(3oz beef, 1oz cheese, 1/2c pasta, 1oz sauce)3/4c Garden Salad w/ 1 TBSP light Italian dressing1c Italian Blend vegetablesWheat Roll w/ 1 tsp unsalted butter 1c Tropical Fruit salad  |
| Monday 30 3oz Salisbury steak2oz LS gravy3/4c Brown Rice1c California blend vegetables w/ 1 tsp unsalted butter 1.5c Tossed salad w/ 2 TBSP light Italian DressingOrange  | Tuesday 313oz Chicken Strips1c Vegetable medley w/ 1 tsp unsalted butter 1 WW Roll w/ 1 tsp margarine1/2c Pineapples and 1/2c bananas 1/3c Lemon pudding  |  |  |  |

***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 | 708.6 | 707.9 | 702.6 | 710.6 | 722.9 |
| % Carbohydrates from Calories | 45-55% | 53.1 | 52.8 | 54.1 | 52.6 | 54.5 |
| % Protein from Calories | 15-25% | 20.1 | 20.0 | 19.9 | 21.3 | 19.0 |
| % Fat from Calories | 25-35% | 26.8 | 27.2 | 26.0 | 26.0 | 26.5 |
| Saturated Fat | less than 8g | 7.6 | 7.7 | 7.6 | 7.6 | 7.9 |
| Fiber | 10g or more | 10.0 | 12.3 | 10.5 | 10.0 | 10.6 |
| Vitamin B-12 | .8ug or more | 1.6 | 2.6 | 1.5 | 2.3 | 2.3 |
| Vitamin A | 300ug RAE or more | 517.3 | 520.6 | 497.7 | 571.3 | 488.7 |
| Vitamin C | 30mg or more | 76.0 | 72.5 | 38.5 | 92.1 | 68.8 |
| Iron | 2.6mg or more | 3.5 | 4.9 | 4.8 | 4.1 | 3.8 |
| Calcium | 400mg or more | 575.1 | 514.5 | 524.8 | 582.8 | 416.8 |
| Sodium | less than 766mg | 760.3 | 758.5 | 753.2 | 688.8 | 752.2 |

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 25, 2024