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| DINE IN LUNCH  11:00 AM TO 1:00 PM | Occasionally We Must  Substitute Food Items  We Are Sorry For The  Inconvenience |  |  | Friday 1, 2024  4 oz. LS Herbed Baked Fish  2 TBSP tartar Sauce  1/2c LS Brown Rice Pilaf w/ 1/2c Mushrooms  1/2c Coleslaw w 1TBSP Dressing  1/2c Brussel Sprout  3/4c Tropical Fruit Salad |
| Monday 4, 2024  3 oz. Lean Chicken Fried Steak  1/2c LS Mashed Potato w/  1oz. Low Sodium Country Gravy  1/2c Spinach  1 WW roll w/ 1 tsp unsalted butter  1c Fruit Salad | Tuesday 5, 2024  BBQ Pork Sandwich  (3 oz. Pork, 1 oz. BBQ Sauce,  1 WW Bun)  3/4c green beans  1/2c Red Cabbage slaw  1c Pineapple & mandarin oranges | Wednesday 6, 2024  6oz LS Beef Barley Soup  (3 oz. Beef, 1 oz. Sauce,  1/4c Barley, 1/4c carrots, celery)  1 sl. Wheat roll w/ 1 tsp unsalted butter  3/4c tossed salad w/ 1 TBSP light ranch dressing  1c Chateau Blend Vegetables  3/4c Fruit Cocktail | Thursday 7, 2024  Turkey Meatball Sandwich  (3 oz. turkey meatballs, .5oz. Mozz. Cheese,  1 oz.NAS Sauce, wheat Bun, 1/2c pepper and onions)  1c Italian blend vegetables  1/2c Tomato and Cucumber Salad (non-creamy)  1oatmeal cookie  Banana | Friday 8, 2024  3 oz. Lamb Roast  1/2c LS Herb roasted herb potatoes  3/4c carrots  1.5c Tossed Salad w/  2T light Ranch Dressing  Wheat Roll  1/2c Spiced Peaches |
| Monday 11, 2024  VERTERAN’S DAY  SENIOR CENTER  CLOSED | Tuesday 12, 2024  2 oz. Low Sodium Baked Ham  1/2c baked Sweet Potato w/ 1 tsp unsalted butter, 1 tsp chives  1c Winter Blend  1 WW Roll w/ 1 tsp margarine  1 Banana  1/2c Light nonfat vanilla yogurt | Wednesday 13, 2024  3 oz. LS Herbed Roasted chicken  w/ 2 oz LS gravy  1c Caribbean blend w/ 1 tsp margarine  1/2c Brown Rice  1 slice wheat bread w/ 1 tsp margarine  1c Strawberries w/1 TBSP Whipped topping | Thursday 14, 2024  8oz Shepherd’s Pie  (3 oz. Beef, 1 oz. Sauce, 1/4c Mixed Vegetables,1/4c Potatoes)  1c Tossed Salad w/ 2 TBSP Light Italian Dressing  1/2c Beets and onions  1 Sl. WW roll w/ 1 tsp. Margarine  1c pineapple chunks | Friday 15, 2024  1c Green Chile Chicken Enchiladas  (2 TBSP GC, 3oz Chicken, 1oz Cheese, 2 corn tortilla, 1/2c lettuce and tomato  1/2c LS spanish rice  1/2c LS pinto beans  1c Zucchini and NAS diced Tomatoes  1/2c apricots |
| Monday 18, 2024  Tuna Sandwich  (1/2c Tuna Salad=3oz tuna, 1/2c Lettuce & 1 slice Tomato, 2 sl. Wheat Bread)  1/2c Roasted cauliflower w/ parsley or chives  3/4c Asparagus  1/2c Pears | Tuesday 19, 2024  8oz Pepper Steak  (3oz Pepper steak, 1/2c Peppers and Onions, 1 oz Sauce)  1/2 c. Brown Rice  1c Asian Vegetables  1 WW Roll w/ 1 tsp Margarine  1/2c. Plums | Wednesday 20, 2024  8oz Green Chile Stew  (3 oz. Pork, 1/4c Green Chile, 1/2c Potato & Onion)  1/2c Yellow Squash w/ 1 tsp margarine  1 6 in WW Flour Tortilla  1/2c mixed fruit | Thursday 21, 2024  Frito pie  (3oz beef, 1/2c LS pinto beans, 2oz RC, 1oz corn chips)  1c Island Blend w/ 1 tsp margarine  1/3c LS Spanish rice  1c Grapes | Friday 22, 2024  **Turkey Dinner**  3 oz. Turkey w/  1/4c Stuffing  1/2c LS Mashed Potato w/  2 oz. Low Sodium Gravy  1/2c Green Beans  1 WW Roll w/ 1 tsp. Margarine  1/4c Cranberry Sauce  1 slice Pumpkin Cake w/ icing |
| Monday 25, 2024  6 oz. LS Beef Tips  (3oz Beef, 3oz LS gravy, 1/2c Mushrooms)  1/2c noodles  1c Italian vegetables  1.5c Tossed Salad w/  1T Light Italian Dressing  1 WW Roll  1c Fruit Salad | Tuesday 26, 2024  1/2c Baked Macaroni & Cheese  (1oz. Cheese, 1/2c Macaroni)  1/2c broccoli  1.5c Tossed salad w/ 2 TBSP Light Ranch w/ 1 HB Egg  1/2c Apple slices  1/2c Light nonfat vanilla yogurt | Wednesday 27, 2024  8 oz LS Chicken Noodle Soup  (3 oz. Chicken, 1 oz. LS Broth 1/4c Vegetables,  1/4c Noodles)  Wheat roll  1.5c Tossed Salad w/  2T Light ranch Dressing  3/4c Fruit cocktail | Thursday 28, 2024  SENIOR CENTER CLOSED  THANKSGIVING HOLIDAY | Friday 29, 2024  SENIOR CENTER CLOSED  THANKSGIVING HOLIDAY |

***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:**  **1** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **3** |
| Calories | 700 or more | 804.8 | 700.6 | 709.2 | 799.3 | 729.3 |
| % Carbohydrates from Calories | 45-55% | 53.7 | 48.5 | 50.8 | 48.9 | 48.1 |
| % Protein from Calories | 15-25% | 20.5 | 21.4 | 23.5 | 20.4 | 20.9 |
| % Fat from Calories | 25-35% | 25.525.8 | 30.1 | 25.7 | 30.7 | 31.0 |
| Saturated Fat | less than 8g | 7.0 | 7.8 | 7.5 | 7.9 | 7.2 |
| Fiber | 10g or more | 10.110.5 | 10.7 | 12.2 | 12.0 | 10.2 |
| Vitamin B-12 | .8ug or more | 2.3 | 2.6 | 2.0 | 2.9 | 2.9 |
| Vitamin A | 300ug RAE or more | 871.9 | 697.0 | 593.5 | 305.0 | 795.6 |
| Vitamin C | 30mg or more | 47.2 | 58.1 | 65.1 | 50.3 | 53.2 |
| Iron | 2.6mg or more | 4.7 | 5.1 | 4.2 | 5.2 | 5.0 |
| Calcium | 400mg or more | 439.9 | 517.8 | 523.5 | 444.4 | 531.5 |
| Sodium | less than 766mg | 757.1 | 762.8 | 760.4 | 616.3 | 764.4 |

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 October 21, 2024