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| DINE IN LUNCH11:00 AM TO 1:00 PM | Occasionally We MustSubstitute Food ItemsWe Are Sorry For TheInconvenience |   |  | Friday 1, 20244 oz. LS Herbed Baked Fish2 TBSP tartar Sauce 1/2c LS Brown Rice Pilaf w/ 1/2c Mushrooms 1/2c Coleslaw w 1TBSP Dressing 1/2c Brussel Sprout3/4c Tropical Fruit Salad |
| Monday 4, 20243 oz. Lean Chicken Fried Steak1/2c LS Mashed Potato w/1oz. Low Sodium Country Gravy1/2c 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 beans1/2c Red Cabbage slaw1c Pineapple & mandarin oranges  | Wednesday 6, 20246oz 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 dressing1c Chateau Blend Vegetables 3/4c Fruit Cocktail | Thursday 7, 2024Turkey Meatball Sandwich(3 oz. turkey meatballs, .5oz. Mozz. Cheese,1 oz.NAS Sauce, wheat Bun, 1/2c pepper and onions)1c Italian blend vegetables1/2c Tomato and Cucumber Salad (non-creamy)1oatmeal cookie Banana  | Friday 8, 20243 oz. Lamb Roast1/2c LS Herb roasted herb potatoes3/4c carrots1.5c Tossed Salad w/2T light Ranch DressingWheat Roll 1/2c Spiced Peaches |
| Monday 11, 2024VERTERAN’S DAYSENIOR CENTERCLOSED | Tuesday 12, 20242 oz. Low Sodium Baked Ham1/2c baked Sweet Potato w/ 1 tsp unsalted butter, 1 tsp chives1c Winter Blend 1 WW Roll w/ 1 tsp margarine1 Banana1/2c Light nonfat vanilla yogurt  | Wednesday 13, 20243 oz. LS Herbed Roasted chickenw/ 2 oz LS gravy1c Caribbean blend w/ 1 tsp margarine 1/2c Brown Rice 1 slice wheat bread w/ 1 tsp margarine1c Strawberries w/1 TBSP Whipped topping | Thursday 14, 20248oz Shepherd’s Pie(3 oz. Beef, 1 oz. Sauce, 1/4c Mixed Vegetables,1/4c Potatoes)1c Tossed Salad w/ 2 TBSP Light Italian Dressing1/2c Beets and onions1 Sl. WW roll w/ 1 tsp. Margarine1c pineapple chunks  | Friday 15, 2024 1c Green Chile Chicken Enchiladas(2 TBSP GC, 3oz Chicken, 1oz Cheese, 2 corn tortilla, 1/2c lettuce and tomato1/2c LS spanish rice 1/2c LS pinto beans1c Zucchini and NAS diced Tomatoes1/2c apricots |
| Monday 18, 2024Tuna Sandwich(1/2c Tuna Salad=3oz tuna, 1/2c Lettuce & 1 slice Tomato, 2 sl. Wheat Bread)1/2c Roasted cauliflower w/ parsley or chives3/4c Asparagus1/2c Pears  | Tuesday 19, 20248oz Pepper Steak(3oz Pepper steak, 1/2c Peppers and Onions, 1 oz Sauce)1/2 c. Brown Rice1c Asian Vegetables1 WW Roll w/ 1 tsp Margarine1/2c. Plums  | Wednesday 20, 20248oz Green Chile Stew(3 oz. Pork, 1/4c Green Chile, 1/2c Potato & Onion)1/2c Yellow Squash w/ 1 tsp margarine1 6 in WW Flour Tortilla1/2c mixed fruit  | Thursday 21, 2024Frito 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 Stuffing1/2c LS Mashed Potato w/2 oz. Low Sodium Gravy1/2c Green Beans1 WW Roll w/ 1 tsp. Margarine1/4c 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, 20241/2c 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 Dressing3/4c Fruit cocktail  | Thursday 28, 2024SENIOR CENTER CLOSEDTHANKSGIVING HOLIDAY | Friday 29, 2024SENIOR CENTER CLOSEDTHANKSGIVING 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