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| Monday December 2  Sloppy Joe  (3 oz. Meat, 1/4c Sauce, 1 bun, 1/2c Peppers and onions)  1/2c NAS Baked French Fries  1/2c carrot raisin salad  1/2c Pears | Tuesday December 3  1c Chicken and rice casserole  (3oz diced chicken, 1oz Sauce, 1/2c Rice, .5oz cheese, 1/4c peas and carrots)  1c Broccoli and Red Pepper  1/2c Fruit compote | Wednesday December 4  3 oz. Country Fried Steak  1/2c Mashed Potatoes w/  1 oz. LS Country Gravy  1c Chateau Blend Vegetables  1 Wheat Roll w/ 1 tsp. margarine  1/2c Warm Spiced Apples | Thursday December 5  1c Ham & Beans  (2 oz. LS Ham, 1/2c LS Beans)  1c Island Blend Vegetables w/ 1 tsp unsalted butter  1oz Cornbread w/ 1 tsp. margarine  1/2c Fruit Cocktail | Friday December 6  CLOSED  Staff Training |
| Monday December 9  3/4c Hamburger Macaroni  (3oz Beef, 1/2c Macaroni)  1/2c LS stewed Tomatoes  1/2c Turnips  3/4c Tossed salad w/ 1 TBSP light Italian dressing  1 Orange | Tuesday December 10  BBQ Chicken Thigh  (3oz Chicken thigh, 2 TBSP BBQ sauce)  1/2c LS LF broccoli salad  1c Coleslaw w/2 TBSP dressing  WW Roll w/ 1 tsp margarine  1/2c Light nonfat vanilla yogurt  1/2c Peaches | Wednesday December 11  1c Lasagna  (3 oz. beef & 2 oz. Marinara Sauce, 4 oz. Lasagna noodles)  1c Italian Blend Vegetables  Wheat roll  1c Fruit Salad | Thursday December 12  5oz LS Baked Fish  2 TBSP Tartar Sauce  1/2c Green Beans  1/2c LS Parsley Potatoes  Wheat roll w/  1 tsp. Margarine  1c Tropical Fruit salad | Friday December 13  1c Chili Beans  (2 oz Beef, 1/4c Bean, 2 oz Chili)  1c Capri Blend vegetables  1oz Cornbread w/  1 tsp. Margarine  1/2c Apricots |
| Monday December 16  Green Chile Cheeseburger  (3oz Beef patty, 1 wheat bun, 0.5oz American Cheese,2 TBSP Green Chile, 1/2c Lettuce, 2 slices tomato, 1 slice onion)  1/2c Potato wedges  3/4c Roasted Brussel sprouts  3/4c Pineapple Chunks | Tuesday December 17  5oz Stuffed Chicken Breast  (3oz Chicken breast, 1//4c Cornbread Dressing)  1/2c Spinach  3/4c Carrots  1 WW Roll w/ 1 tsp. Margarine  1/2c Diced Pears | Wednesday December 18  6 oz. Beef w/ Broccoli  (3oz Beef, 1/2c Broccoli, 1 oz Sauce, 1 TBSP sesame Seeds)  1c Brown rice  1c Stir Fry Vegetables  1/2c Mandarin oranges  1 Fortune Cookie | Thursday December 19  8 oz. Pork Posole  (3 oz. Pork, 2 oz. Red Chile, 1/2c Hominy)  1c Yellow Squash w/ NAS diced tomatoes w/ 1tsp unsalted butter  1 6in tortilla  1 banana | Friday December 20  Christmas Dinner  3oz. LS Ham  1/2c Baked Sweet Potatoes  3/4c Green Beans  1 wheat Roll w/ tsp. Margarine  1c Fruit salad  1 slice Yellow Cake w/o frosting |
| Monday December 23  8 oz. Green Chili Stew  (3 oz. ground beef, 1/2c potatoes, tomatoes, onions, 2 TBSP GC)  6” Tortilla  1c Vegetable medley w/ 1 tsp unsalted butter  3/4c Tossed salad w/ 1 TBSP light ranch dressing  1/2c Warm sliced Apples | Tuesday December 24  1c Sweet and Sour Pork  (3oz Pork, 3/4c onions, red &green bell peppers, green onions, sesame seeds, sauce)  3/4c brown Rice  1c Asian Blend Vegetables  Orange | Wednesday December 25  Closed for Christmas | Thursday December 26  Smothered Bean & Cheese Burritos  1/2c Pinto Beans, 1 oz Cheese, 2 oz. Red Chile Sauce, 1 8n flour tortilla)  1c Roasted Vegetables  1c Tropical Fruit salad | Friday December 27  Lemon Pepper Chicken  (3 oz. Chicken Breast w/  LS Lemon Pepper)  1/2c LS Brown Rice Pilaf  1c Chateau Blend vegetables w/ 1tsp unsalted butter  3/4c Tossed salad w/ 1 TBSP Ranch Dressing  3/4c Berries in 1/2c SF Gelatin |
| Monday December 30  Chicken Strips  3oz Chicken w/ 1 oz. country gravy  1/2c LS Three bean salad  1c Pasta Salad  (1/2c Pasta, 1/2c Vegetables)  1c Pineapple and mandarin oranges | Tuesday December 31  3 oz. Pork Chop  2oz LS gravy  1/2c Black-eyed Peas  1/2c LS Tomato Onion Salad  1 wheat roll w/ 1 tsp unsalted butter  1/2c applesauce  1/2c Chocolate pudding | Occasionally we must substitute a food item. We apologize for any inconvenience. | Lunch served daily from  12:00 – 1:00 pm | Suggested Donation  $1.50 |

***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:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **2** |
| Calories | **700 or more** | 702.8 | 743.9 | 721.8 | 702.3 | 735.7 |
| % Carbohydrates from Calories | **45-55%** | 52.6 | 46.1 | 50.6 | 52.9 | 52.5 |
| % Protein from Calories | **15-25%** | 21.1 | 23.4 | 20.7 | 19.5 | 22.3 |
| % Fat from Calories | **25-35%** | 26.3 | 30.5 | 28.7 | 27.6 | 25.1 |
| Saturated Fat | **less than 8g** | 6.7 | 8.0 | 8.0 | 8.0 | 6.9 |
| Fiber | **10g or more** | 11.0 | 10.1 | 10.0 | 11.2 | 11.6 |
| Vitamin B-12 | **.8ug or more** | 2.2 | 3.1 | 1.8 | 1.8 | 1.6 |
| Vitamin A | **300ug RAE or more** | 426.1 | 369.2 | 622.7 | 395.7 | 344.5 |
| Vitamin C | **30mg or more** | 56.9 | 69.6 | 51.0 | 80.7 | 40.4 |
| Iron | **2.6mg or more** | 4.1 | 4.9 | 4.6 | 4.2 | 4.9 |
| Calcium | **400mg or more** | 467.2 | 514.1 | 474.8 | 482.0 | 566.0 |
| Sodium | **less than 766mg** | 716.9 | 734.4 | 764.0 | 630.6 | 658.6 |

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 5, 2024