|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| December 2Chicken Divan1c Chicken Divan(3oz Diced Chicken, 1/2c Broccoli, 1oz Sauce)1c Capri Vegetables1 WW Roll w/ 1` tsp unsalted butter 1/2c Pears | December 3Portugal Day1c LS Feijoada (black bean stew w/ham)(1/2c Black beans, 2oz LS Ham, 1oz Broth)1/2c Brown Rice1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing1/2c Plantains | December 43oz Baked Pork Chops1oz LS gravy1/2c LS Brown Rice PIlaf1/2c Butternut Squash1/2c Brussels Sprouts1 WW Roll w/ 1 tsp unsalted butter 1/2c Applesauce | December 51c Spinach Lasagna(1/2c vegetables/spinach 2oz Cheese, 1oz NAS Marinara Sauce, 1/2c Lasagna)1c Italian Vegetables w/ 1 tsp unsalted butter Garlic Breadstick1/2c Mandarin oranges1/2c Light nonfat vanilla yogurt  | December 7Fish and Chips (3oz LS cod, 1/2c NAS baked French Fries)w/ 2 TBSP Tartar Sauce1c Vegetable Medley1oz Cornbread w/ 1 tsp unsalted butter  1c Fruit salad  |
| December 9Posole(3 oz. Pork, 1/4c Red Chile,1/2c Hominy)3/4c Winter blend veg.1.5c Tossed Salad w/2T Light Italian DressingWheat bread w/ 1 tsp unsalted butter1c Cantaloupe  | December 10**Closed****For Kitchen Cleaning** | December 11Frito Pie(1oz Corn Chips, 2oz RC, 3oz Beef, 1/2c Lettuce/Tomato, 1/4c Onion)1/2c LS Pinto Beans1c California Blend veg. 3/4c Peaches | December 12HOLIDAY MEAL2oz LS Ham Slices1/2c Yams3/4c Green Beans w/ 1/4c Slivered Almonds1oz Honey Wheat Roll w/ 1 tsp unsalted butter Chocolate Chip cookie1/2c Light nonfat vanilla yogurt  | December 13Beef Soft Tacos(1 6in flour tortilla, 3oz beef, 1/2c Lettuce and tomato, 2 TBSP salsa)1/2c LS Pinto Beans1c yellow squash w/ NAS diced tomatoes1/2c Pears |
| December 16 1c Beef Stew(3oz beef, 1/2c potatoes, carrots, peas)1/2c Red Cabbage Coleslaw w/ Dressing1.5c Tossed salad w/ 2 TBSP light Italian dressin1 WW Roll1/2c Fruit Cocktail | December 17Chicken Tikka Masala(3oz Chicken, 1/2c Sauce)1/2c Brown Rice1/2c Cauliflower1/2c carrots 1oz Pita Bread1/2c Light nonfat vanilla yogurt1/2c Strawberries  | December 18Green Chile Cheeseburgers(3 oz beef, 1 oz green Chile,.5oz cheese, 1 bun, 1/2c lettuce, 2 slices red tomato, 1 slice onion)1/2c LS Three bean salad1/2c LS potato salad1c Tropical Fruit Salad | December 19Arroz con Pollo(3 oz. Chicken, 1/8c Sauce, 1/2c Brown Rice)1/2c Roasted Brussel Sprouts 1.5c Tossed Salad w/2T Light Italian Dressing1/2c Warm apple slices  | December 203oz Meatloaf w/ 2oz LS Brown Gravy1/2c Mashed Potatoes1/2c SpinachWheat roll1c Fruit salad |
| December 23Green Chile Chicken Enchiladas(3oz Chicken, 1oz Cheese,1/4c Green Chile, 2 Corn Tortillas, 1/2c lettuce and tomato)1/2c LS Pinto Beans3/4c Capri Vegetables1/2c Pineapple Chunks | December 24Cheese and Mushroom Pizza(1oz Crust, 0.5oz Sauce, .5oz Mozzarella Cheese, 1/2c Mushrooms, 1/4c onions)1/2c Roasted Asparagus1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing w/1/2c Garbanzo Beans1/2c nonfat Vanilla Yogurt1/2c Peaches | December 25ClosedFor Holiday | December 26ClosedFor Holiday | December 27ClosedFor Holiday |
| December 30ClosedFor Holiday | December 31ClosedFor Holiday |  |  |  |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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:****4** | **Days in Week:****5** | **Days in Week:****2** | **Days in Week:****n/a** |
| Calories | 700 or more | 709.4 | 702.2 | 765.8 | 727.1 | n/a |
| % Carbohydrates from Calories | 45-55% | 53.1 | 47.6 | 50.0 | 51.6 |  |
| % Protein from Calories | 15-25% | 21.6 | 22.1 | 20.7 | 23.3 |  |
| % Fat from Calories | 25-35% | 25.3 | 30.3 | 29.2 | 25.0 |  |
| Saturated Fat | less than 8g | 7.9 | 7.6 | 7.9 | 7.0 |  |
| Fiber | 10g or more | 11.2 | 12.8 | 11.3 | 15.1 |  |
| Vitamin B-12 | .8ug or more | 1.7 | 2.3 | 2.5 | 1.6 |  |
| Vitamin A | 300ug RAE or more | 537.5 | 421.2 | 827.7 | 569.2 |  |
| Vitamin C | 30mg or more | 72.0 | 42.2 | 84.1 | 34.5 |  |
| Iron | 2.6mg or more | 4.1 | 4.8 | 7.3 | 6.0 |  |
| Calcium | 400mg or more | 507.5 | 471.6 | 565.8 | 658.3 |  |
| Sodium | less than 766mg | 670.6 | 719.3 | 710.1 | 751.9 |  |

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 17, 2024