|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| December 2  Chicken Divan  1c Chicken Divan  (3oz Diced Chicken, 1/2c Broccoli, 1oz Sauce)  1c Capri Vegetables  1 WW Roll w/ 1` tsp unsalted butter  1/2c Pears | December 3  Portugal Day  1c LS Feijoada (black bean stew w/ham)  (1/2c Black beans, 2oz LS Ham, 1oz Broth)  1/2c Brown Rice  1.5c Tossed Salad w/  2 TBSP Light Ranch Dressing  1/2c Plantains | December 4  3oz Baked Pork Chops  1oz LS gravy  1/2c LS Brown Rice PIlaf  1/2c Butternut Squash  1/2c Brussels Sprouts  1 WW Roll w/ 1 tsp unsalted butter  1/2c Applesauce | December 5  1c Spinach Lasagna  (1/2c vegetables/spinach 2oz Cheese, 1oz NAS Marinara Sauce, 1/2c Lasagna)  1c Italian Vegetables w/ 1 tsp unsalted butter  Garlic Breadstick  1/2c Mandarin oranges  1/2c Light nonfat vanilla yogurt | December 7  Fish and Chips  (3oz LS cod, 1/2c NAS baked French Fries)  w/ 2 TBSP Tartar Sauce  1c Vegetable Medley  1oz Cornbread w/ 1 tsp unsalted butter  1c Fruit salad |
| December 9  Posole  (3 oz. Pork, 1/4c Red Chile,  1/2c Hominy)  3/4c Winter blend veg.  1.5c Tossed Salad w/  2T Light Italian Dressing  Wheat bread w/ 1 tsp unsalted butter  1c Cantaloupe | December 10  **Closed**  **For Kitchen Cleaning** | December 11  Frito Pie  (1oz Corn Chips, 2oz RC, 3oz Beef, 1/2c Lettuce/Tomato, 1/4c Onion)  1/2c LS Pinto Beans  1c California Blend veg.  3/4c Peaches | December 12  HOLIDAY MEAL  2oz LS Ham Slices  1/2c Yams  3/4c Green Beans w/ 1/4c Slivered Almonds  1oz Honey Wheat Roll w/ 1 tsp unsalted butter  Chocolate Chip cookie  1/2c Light nonfat vanilla yogurt | December 13  Beef Soft Tacos  (1 6in flour tortilla, 3oz beef, 1/2c Lettuce and tomato, 2 TBSP salsa)  1/2c LS Pinto Beans  1c yellow squash w/ NAS diced tomatoes  1/2c Pears |
| December 16  1c Beef Stew  (3oz beef, 1/2c potatoes, carrots, peas)  1/2c Red Cabbage Coleslaw w/ Dressing  1.5c Tossed salad w/ 2 TBSP light Italian dressin  1 WW Roll  1/2c Fruit Cocktail | December 17  Chicken Tikka Masala  (3oz Chicken, 1/2c Sauce)  1/2c Brown Rice  1/2c Cauliflower  1/2c carrots  1oz Pita Bread  1/2c Light nonfat vanilla yogurt  1/2c Strawberries | December 18  Green 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 salad  1/2c LS potato salad  1c Tropical Fruit Salad | December 19  Arroz 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 Dressing  1/2c Warm apple slices | December 20  3oz Meatloaf  w/ 2oz LS Brown Gravy  1/2c Mashed Potatoes  1/2c Spinach  Wheat roll  1c Fruit salad |
| December 23  Green Chile Chicken Enchiladas  (3oz Chicken, 1oz Cheese,  1/4c Green Chile, 2 Corn Tortillas, 1/2c lettuce and tomato)  1/2c LS Pinto Beans  3/4c Capri Vegetables  1/2c Pineapple Chunks | December 24  Cheese and Mushroom Pizza  (1oz Crust, 0.5oz Sauce, .5oz Mozzarella Cheese, 1/2c Mushrooms, 1/4c onions)  1/2c Roasted Asparagus  1.5c Tossed Salad w/  2 TBSP Light Ranch Dressing w/  1/2c Garbanzo Beans  1/2c nonfat Vanilla Yogurt  1/2c Peaches | December 25  Closed  For Holiday | December 26  Closed  For Holiday | December 27  Closed  For Holiday |
| December 30  Closed  For Holiday | December 31  Closed  For 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