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| Monday 1, 2024  BBQ Pork Sandwich  (3oz pork,1oz bbq sauce,1 WW bun)  1c Coleslaw w/ 2 TBSP Dressing  1/2c non creamy cucumber and tomato salad  Strawberry Shortcake  1c Strawberries, 1 slice SF angel food cake | Tuesday 2, 2024  4oz Meatloaf  1/2c LS Mashed Potatoes w/  2oz LS Gravy  1/2c brussels sprouts w/ 1 tsp margarine  1 WW Roll w/1 tsp Margarine  1C grapes | Wednesday 3, 2024  GC Chicken Sandwich  (3oz Grilled or roasted Chicken, .5oz Cheese, 1 WW Bun, 1/2c lettuce, 1 slice tomato, 2 TBSP green chile)  3/4c Broccoli w/ 1/4c Red bell pepper w/ 1 tsp margarine  1/2c sweet potato  3/4c apple slices | Thursday 4, 2024  CLOSED | Friday 5, 2024  3oz LS Baked Fish  2T Tartar Sauce  1/2c Brown Rice  1c California blend vegetables w/ 1 tsp margarine  1 WW Roll w/ 1 tsp Margarine  Orange |
| Monday 8, 2024  3oz Country Fried Steak  1/2c Mashed Potatoes  1oz LS Country Gravy  1/2c Carrots  1 WW Roll w/ 1 tsp Margarine  1/2c Chopped watermelon | Tuesday 9, 2024  Chile Relleno  (1oz Cheese, 3oz Gr Chile, 1oz Breading,1/4c Green Chile sauce  1/2c Pinto Beans  1c Zucchini w/ NAS diced tomatoes  1/2c LS Spanish Rice  1 Banana | Wednesday 10, 2024  Open Face Roast Beef Sandwich  (3 oz. LS Beef, 1 oz. LS Gravy,  1 sl. Wheat Bread)  1/2c LS Potato salad  1/2c Green Beans w/ 1/4c Mushrooms  3/4c Blueberries  1/2c SF Gelatin | Thursday 11, 2024  1c Sweet and Sour Pork  (3oz Pork, 1oz Sauce, 3/4c green/red bell peppers, pineapple chunks, sesame seeds, onions)  1c Fried Rice (1/2c brown rice, 1/2c Peas and carrots)  Mandarin oranges  1/2c SF Gelatin | Friday 12, 2024  1c Ham and beans  3oz Ground beef, 1/4c Pinto Beans)  1c Capri Vegetables  1 slice Cornbread w/ 1 tsp unsalted butter  1 Pear |
| Monday 15, 2024  Chicken & Potato Burrito  with Red Chili Sauce  (3oz Diced Chicken, 1/3c Potato, 2oz RC Sauce, 1 8in WW tortilla)  1c Chateau blend  1c Mixed Fruit | Tuesday 16, 2024  Spaghetti w/ Meat Sauce  (1/2c Noodles, 6oz Meat Sauce (3oz meat, 3oz NAS Marinara Sauce)  1c Italian Blend vegetables  1 WW Roll w/ 1 tsp margarine  1/2c sliced peaches | Wednesday 17, 2024  BBQ Chicken  (3oz Chicken Breast, 1 TBSP barbecue Sauce)  1/2c LS Three Bean salad  1c Pasta Salad  (1/2c pasta, 1/2c Vegetables)  1c chopped cantaloupe | Thursday 18, 2024  3oz LS Salisbury Steak  1/2c LS Herb Roasted Red Potatoes  3/4c NAS French style Green Beans w/ 1 tsp unsalted butter  1 WW Dinner roll w/  1 tsp Margarine  1c Strawberries and Bananas | Friday 19, 2024  Bratwurst & Sauerkraut  (2oz Brat, 2 TBSP Sauerkraut, 1 WW Bun)  1c Bahama Vegetables  1oz Multigrain chips  1/2c Light Nonfat Vanilla Yogurt  1/2c Spiced apricots |
| Monday 22, 2024  3oz LS Lean Herbed Baked Pork Chop  2oz LS Gravy  1/2c Parsley Potatoes  1c Broccoli & Cauliflower  1 WW Dinner Roll w/ 1 tsp margarine  1/2c SF Gelatin | Tuesday 23, 2024  Beef Tacos  (3oz Beef, 6in Flour Tortillas, 1/2c Lettuce & Tomato, 2 TBSP salsa)  1/2c Pinto Beans  1c Vegetable medley  1c Fruit Salad | Wednesday 24, 2024  3oz Chicken Fried Chicken  1/2c Mashed Potatoes  1oz LS Gravy  1/2c Glazed Carrots  1 WW Dinner roll w/ 1 tsp margarine  1/2c sliced Plums | Thursday 25, 2024  Tuna Fish Sandwich  (1/2c Tuna, 2 slices wheat bread, 1/2c lettuce, 1 slice tomato)  1/2c Spinach w/ 1 tsp margarine  1/2c Roasted Cauliflower  3/4c Pineapple tidbits | Friday 26, 2024  6oz Beef Stroganoff  (3oz beef, 2oz LS Gravy)  3/4c noodles  1/2c LS beets  1.5c Tossed salad w/ 2 TBSP light Italian Dressing  4 LS WW Crackers  1c Grapes |
| Monday 29, 2024  3/4c Green Chile Chicken Enchiladas  (1oz cheese, 1 corn tortilla, 2oz Chicken, 2oz Green chile sauce, 12c lettuce and tomato)  1c Capri vegetables w/ 1 tsp margarine  1/2c Pinto Beans  1/2 c LS Spanish Rice  Orange | Tuesday 30, 2024  Chef Salad  (1c Romaine lettuce, 1/4c tomato, 1/4c cucumber, 1/4c red cabbage, 1oz turkey, 1oz Chicken, 1 HB egg, 2T Light Ranch dressing)  6 WW Crackers  1/2c sliced apples | Wednesday 31, 2024  Orange Chicken  (3oz chicken, 1oz sauce)  1/2c Brown Rice  1c Asian Vegetables  1 Fresh Pear |  |  |

***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:**  **5** | **Days in Week:**  **3** |
| Calories | 700 or more | 710.3 | 709.8 | 724.5 | 719.4 | 721.0 |
| % Carbohydrates from Calories | 45-55% | 46.7 | 53.9 | 49.6 | 47.0 | 46.3 |
| % Protein from Calories | 15-25% | 22.3 | 20.2 | 21.8 | 22.3 | 24.3 |
| % Fat from Calories | 25-35% | 31.0 | 25.9 | 28.6 | 30.7 | 29.4 |
| Saturated Fat | less than 8g | 7.8 | 7.9 | 8.0 | 7.9 | 7.8 |
| Fiber | 10g or more | 10.1 | 12.0 | 10.1 | 10.4 | 11.1 |
| Vitamin B-12 | .8ug or more | 2.2 | 2.3 | 2.7 | 2.8 | 2.0 |
| Vitamin A | 300ug RAE or more | 439.0 | 435.5 | 329.6 | 438.5 | 366.8 |
| Vitamin C | 30mg or more | 99.0 | 61.4 | 39.2 | 46.9 | 47.6 |
| Iron | 2.6mg or more | 3.9 | 4.7 | 4.2 | 6.1 | 3.5 |
| Calcium | 400mg or more | 475.2 | 493.1 | 430.1 | 485.5 | 478.0 |
| Sodium | less than 766mg | 730.5 | 743.4 | 703.3 | 755.1 | 686.4 |

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 May 31, 2024