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| Monday 1, 2024BBQ Pork Sandwich(3oz pork,1oz bbq sauce,1 WW bun)1c Coleslaw w/ 2 TBSP Dressing1/2c non creamy cucumber and tomato salad Strawberry Shortcake 1c Strawberries, 1 slice SF angel food cake | Tuesday 2, 20244oz Meatloaf1/2c LS Mashed Potatoes w/2oz LS Gravy1/2c brussels sprouts w/ 1 tsp margarine1 WW Roll w/1 tsp Margarine1C grapes | Wednesday 3, 2024GC 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 potato3/4c apple slices | Thursday 4, 2024CLOSED | Friday 5, 20243oz LS Baked Fish2T Tartar Sauce1/2c Brown Rice1c California blend vegetables w/ 1 tsp margarine 1 WW Roll w/ 1 tsp MargarineOrange  |
| Monday 8, 20243oz Country Fried Steak1/2c Mashed Potatoes1oz LS Country Gravy1/2c Carrots1 WW Roll w/ 1 tsp Margarine1/2c Chopped watermelon  | Tuesday 9, 2024Chile Relleno(1oz Cheese, 3oz Gr Chile, 1oz Breading,1/4c Green Chile sauce 1/2c Pinto Beans1c Zucchini w/ NAS diced tomatoes1/2c LS Spanish Rice1 Banana  | Wednesday 10, 2024Open Face Roast Beef Sandwich(3 oz. LS Beef, 1 oz. LS Gravy, 1 sl. Wheat Bread)1/2c LS Potato salad1/2c Green Beans w/ 1/4c Mushrooms3/4c Blueberries 1/2c SF Gelatin  | Thursday 11, 20241c 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 oranges1/2c SF Gelatin | Friday 12, 20241c Ham and beans3oz Ground beef, 1/4c Pinto Beans) 1c Capri Vegetables1 slice Cornbread w/ 1 tsp unsalted butter 1 Pear |
| Monday 15, 2024 Chicken & Potato Burritowith Red Chili Sauce(3oz Diced Chicken, 1/3c Potato, 2oz RC Sauce, 1 8in WW tortilla)1c Chateau blend 1c Mixed Fruit | Tuesday 16, 2024Spaghetti w/ Meat Sauce(1/2c Noodles, 6oz Meat Sauce (3oz meat, 3oz NAS Marinara Sauce)1c Italian Blend vegetables1 WW Roll w/ 1 tsp margarine 1/2c sliced peaches |  Wednesday 17, 2024BBQ 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, 20243oz 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 Margarine1c Strawberries and Bananas  | Friday 19, 2024Bratwurst & Sauerkraut (2oz Brat, 2 TBSP Sauerkraut, 1 WW Bun)1c Bahama Vegetables1oz Multigrain chips 1/2c Light Nonfat Vanilla Yogurt 1/2c Spiced apricots |
| Monday 22, 20243oz LS Lean Herbed Baked Pork Chop2oz LS Gravy1/2c Parsley Potatoes1c Broccoli & Cauliflower1 WW Dinner Roll w/ 1 tsp margarine1/2c SF Gelatin  | Tuesday 23, 2024Beef Tacos(3oz Beef, 6in Flour Tortillas, 1/2c Lettuce & Tomato, 2 TBSP salsa)1/2c Pinto Beans1c Vegetable medley 1c Fruit Salad |  Wednesday 24, 20243oz Chicken Fried Chicken1/2c Mashed Potatoes1oz LS Gravy1/2c Glazed Carrots 1 WW Dinner roll w/ 1 tsp margarine1/2c sliced Plums | Thursday 25, 2024Tuna 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 Cauliflower3/4c Pineapple tidbits | Friday 26, 20246oz Beef Stroganoff (3oz beef, 2oz LS Gravy)3/4c noodles1/2c LS beets1.5c Tossed salad w/ 2 TBSP light Italian Dressing4 LS WW Crackers 1c Grapes  |
| Monday 29, 20243/4c 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 margarine1/2c Pinto Beans1/2 c LS Spanish RiceOrange  | Tuesday 30, 2024Chef 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 Crackers1/2c sliced apples | Wednesday 31, 2024Orange Chicken(3oz chicken, 1oz sauce)1/2c Brown Rice1c 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