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| MONDAY 1, 2024Chile relleno with Gr Chile Sauce(1 green chile, 1oz Cheese, 1oz Breading, 1/4c GC sauce)1/2c LS Pinto Beans1.5c Tossed salad w/ 2 TBSP Light Ranch Dressing1 6 in Flour Tortilla1/2c Fruit Cocktail | Tuesday 2, 20243oz Baked Chicken1/2c Wild rice 1c Broccoli and cauliflower w/ 1 tsp margarineWheat roll w/ 1 tsp unsalted butter 1/2c Mixed Fruit  | Wednesday 3, 2024Garden Salad w/Tuna 1/2c Tuna Salad (3oz Light tuna)1.5c Garden Salad (1c romaine lettuce, 1/2c other vegetables)6 WW LS crackers1c Tropical Fruit Salad | THURSDAY 4, 2024CLOSED | FRIDAY 5, 2024Green Chile Sour Cream Enchiladas(2 corn tortilla, 1oz Cheese, 2.5oz green Chile sauce, 1oz light Sour cream) 1/3c LS Spanish Rice1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing1/2c Berries w/ 1c Light Vanilla nonfat Yogurt |
| Tuesday 8, 2024Polish sausage w/ peppers & onion(2oz Polish Sausage, w/ 3/4c Sauteed peppers and onions)1/3c LS Herbed roasted potatoesWheat roll w/ 1 tsp unsalted butterFresh Orange1/2c Light nonfat vanilla Yogurt | TUESDAY 9, 20243oz LS Baked Pork Chop2oz LS gravy1/2c LS Bell Pepper, Cucumber & Chickpea Salad3/4c BroccoliWheat roll Fresh Pear | WEDNESDAY 10, 2024Red Chile Beef Enchiladas(2oz RC sauce, 3oz Beef, 1oz Cheese, 2 corn tortilla, 1/2c lettuce and tomato)1/2c LS Pinto Beans1c Zucchini w/ NAS diced tomatoes3/4c Apricots | THURSDAY 11, 2024Grilled Cheese SandwichOn WW Bread(2 slices wheat bread, 1oz cheese)3/4c LS Gazpacho Soup(see attachment)3/4c Green Beans1/2c Peaches w/ 1c Light nonfat Vanilla Yogurt | FRIDAY 12, 2024BBQ Pulled Pork (3oz Pulled pork 1oz Barbecue sauce)1/2c LS Potato Salad1/2c Carrots 1 slice LF Cornbread banana |
| MONDAY 15, 2024 Turkey Meat Ball Sandwich(1 WW hot dog bun, 3oz turkey meatballs, 1/3c NAS marinara Sauce, 1oz Mozzarella cheese)3/4c Roasted Cauliflower & Mushrooms(1/2c Cauliflower, 1/4c Mushrooms)1/2c Brussel sprouts 1c Fruit salad | TUESDAY 16, 2024Chef Salad w/Ham Turkey & HB Egg(1c Romaine lettuce, 1/4c cucumbers, 1/4c tomatoes, 1/4c Red Cabbage, 1oz Turkey, 1 HB Egg, 1oz LS Ham, 2 TBSP light ranch dressing Wheat roll w/ 1 tsp margarine1/2c warm apple slices 1 Chocolate Chip Cookie | WEDNESDAY 17, 2024Sloppy Joe Sandwich on a WW Bun(1 WW bun, 3oz Beef, 1oz Sauce, 1/2c Peppers, onions)1/2c Sweet potato Fries1/2c Cucumber and Tomato Salad1c Chopped Cantaloupe | THURSDAY 18, 2024Chicken Taco(2 corn tortilla, 3oz chicken, 1/2c lettuce and tomato, 2 TBSP Salsa)1/2c Cilantro Lime Brown Rice1/2c LS Calabacitas1/2c Spinach w/ 1 tsp unsalted butter1/2c Diced Mango | FRIDAY 19, 2024Mac & Cheese(1oz Cheese, 1/2c Macaroni)1c California blend vegetables w/ 1 tsp unsalted butter1/2c Strawberries w/ 1c Light Vanilla nonfat yogurt  |
| MONDAY 22, 20243oz Orange Chicken1/2c Brown Rice1c Stir Fry Vegetables1 Vegetable Egg Roll1-Fortune Cookie1/2c Pineapple Chunks | TUESDAY23, 2024Taco Salad(1oz Tortilla Chips,3oz Beef, 1c romaine lettuce, 1/2c Tomato, 1/8c onion, 2 TBSP salsa)2 TBSP Light Ranch Dressing1/2c LS Pinto Beans1c Tropical Fruit Salad | THURSDAY 24, 20244oz BBQ Chicken(3oz Chicken breast, 1oz BBQ sauce)1c LS Roasted Root Vegetables(sweet potatoes, Brussel sprouts, granny smith apples, w/ herbs)1 WW Roll w/ 1 tsp. Unsalted Butter1/2c Mixed Fruit | THURSDAY 25, 2024Green Chile Cheese Burger(1 WW bun, 1oz GC, 3oz patty, 1/2c lettuce, 2 slices tomato, 1 slice onion, .5oz Cheese)1/2c Coleslaw w/ 1 TBSP Dressing1c Three Sisters Salad1c Chopped Watermelon | FRIDAY 26, 2024Chicken Pasta Salad(3 oz diced chicken, 1/2c mixed vegetables & Broccoli, 1/2c pasta)1/2c Asparagus w/ 1 tsp unsalted butter and lemon1 granola bar (Oats N Honey)1/2c Light Vanilla Nonfat Yogurt1/2c Sweet cherries |
| Monday 29, 2024Stuffed peppers(1/2 bell pepper, 1/4c brown rice, 3 oz Ground beef, 1 oz LS Tomato sauce)1c Capri Veggies w/ 1 tsp margarine 1c Grapes1 Wheat roll w/ 1 tsp unsalted butter  | Tuesday 30, 2024 Oriental Chicken Salad(3oz Diced Chicken, 1c Romaine Lettuce, 1/2c napa Cabbage, 1/4c Carrots, 1/4c Cucumber, 2 TBSP Crunchy Chow Mein, 1/2c Broccoli, 2 TBSP Lite Asian Sesame Drsg6 LS WW Crackers w/ 1 tsp margarine1/2c Mandarin oranges | Wednesday 31, 2024Smothered Bean and Cheese Burrito (1/2c Pinto beans, 1oz cheese, 1 8” flour tortilla, 2 oz red chili Sauce)1/2c LS Spanish rice1/2c lettuce/tomato1c Chateau blend vegetables w/ 1 tsp margarine 1/2c unsweetened applesauce |  | **LS=low sodium****NAS=no added salt****WW= whole wheat** **SF=sugar free** |

***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:****5** | **Days in Week:****4** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****3** |
| Calories | 700 or more | 700.6 | 700.6 | 703.5 | 811.9 | 704.1 |
| % Carbohydrates from Calories | 45-55% | 54.8 | 50.5 | 47.4 | 50.4 | 49.3 |
| % Protein from Calories | 15-25% | 18.5 | 20.4 | 22.0 | 23.5 | 21.5 |
| % Fat from Calories | 25-35% | 26.8 | 29.0 | 30.6 | 26.2 | 29.2 |
| Saturated Fat | less than 8g | 7.8 | 8.0 | 7.9 | 7.2 | 8.0 |
| Fiber | 10g or more | 10.9 | 12.5 | 10.2 | 11.3 | 11.2 |
| Vitamin B-12 | .8ug or more | 1.9 | 2.0 | 2.2 | 2.4 | 2.1 |
| Vitamin A | 300ug RAE or more | 607.9 | 426.0 | 583.5 | 402.9 | 478.8 |
| Vitamin C | 30mg or more | 73.1 | 63.1 | 83.9 | 49.4 | 56.5 |
| Iron | 2.6mg or more | 3.6 | 4.1 | 5.0 | 6.1 | 4.7 |
| Calcium | 400mg or more | 595.2 | 618.2 | 595.0 | 499.4 | 520.8 |
| Sodium | less than 766mg | 735.3 | 766.1 | 760.3 | 748.5 | 729.3 |

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 29, 2024