|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday 14 oz LS Beef Tips(3oz beef, 1oz gravy)1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing1/3c Herbed Roasted Potatoes1/2c Roasted Brussels SproutsWheat roll 1 Fresh Pear  | Tuesday 24oz Chicken Breast1/2c LS Brown Rice Pilaf w/ 1/3c mushrooms 1c California blend VegetablesWheat roll w/ 1 tsp margarine1c Fruit salad  | Wednesday 3 GC Cheeseburger(3 oz. Beef, .5oz. Cheese, 1 oz. Green Chile, 1 WW Bun, 1/2c Lettuce, 2 slices tomato, 1/4c onion)1/2c carrots 3/4c Cucumber and tomato salad 1c chopped watermelon | Thursday 4CLOSED | Friday 5 Breakfast for Lunch1oz Reduced Fat Sausage Patty2 med scrambled egg1c Diced roasted red potatoes w/ peppers and onions1 wheat bread-toasted w/ 1 tsp margarine 1c Chopped Cantaloupe and Grapes  |
| Monday 81c Hamburger Mac(3oz Beef, 1oz Sauce, 1/2c macaroni)1/2c NAS Stewed Tomatoes w/ 2 TBSP GC 1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing1/2c Apricots | Tuesday 9Tuna salad sandwich(1/2c Tuna salad (3oz Light tuna), 2 slices wheat bread, 1/2c lettuce, 1 slice tomato)1c Italian blend 1oz Multigrain Chips1 banana | Wednesday 103oz Lamb Steak1 medium baked potato w/ 1 tsp margarine, 1 tsp chives1c Mediterranean Blend WW roll w 1 tsp margarine1/2c Mixed Fruit  | Thursday 11Chicken Fajitas (3 oz. Chicken 1/2c Bell Pepper & Onions, 2 TBSP Salsa 1 6in Flour Tortilla)1/2c Spanish Slaw 1/2c Chuckwagon vegetables1/3c LS Spanish Rice 1/2c Diced Mango  | Friday 12 Frito Pie(3 oz. Beef, 2oz Red Chile, 1oz. Fritos, 1/2c LS Pinto Beans)1/2c Lettuce and tomato, 1/4c onion1/2c Calabacitas 1/2c Sweet cherries on ½ slice white Cake |
| MONDAY 15Sloppy Joe(3oz Lean beef, 1oz sauce, 1 bun, 1/3c peppers, and onion)1oz multigrain Chips 3/4c Garden Blend veg. 1/2c Mandarin Oranges | TUESDAY 16Stuffed Peppers(3oz Beef, 1/2 pepper, 1/3c Rice)1/3c LS Black Beans3/4c Broccoli Spears 1 WW Roll 1/2c Tropical Fruit | WEDNESDAY 176oz Chicken Tetrazzini(3oz Chicken, 1/4c Pasta, 1/4c mixed vegetables/mushrooms)1c Capri Vegetables4 LS WW Crackers1c Green Salad w/ 2 TBSP Light Italian Dressing1/2c cinnamon apples | THURSDAY 183oz Country Fried Steak1/2c LS Mashed Potatoes w/1oz LS Country Gravy1/2c Green Beans1 WW Roll 1/2c Fruit Cocktail | FRIDAY 191c Green Chile Chicken Enchiladas(3 oz. Chicken, 1 oz. Green Chile, .5oz. Cheese,2 Corn Tortillas)1/2c Lettuce & Tomato1c Vegetable medley1/2c LS Pinto Beans1c strawberries |
| MONDAY 228oz Red Beef Enchiladas(2 oz. Beef, 1 oz. Cheese, 1 oz. Red Chile, 2 Corn Tortillas)1/2c Lettuce & Tomato1c Zucchini and NAS Diced tomatoes1/2c LS Pinto Beans1c Grapes1/3c FF Tapioca pudding | TUESDAY 231c Chicken and Dumplings(3oz Chicken, 1/4c Dumplings, 2oz Gravy, 1/4c Diced carrots)1/2c Asparagus 1.5c Salad w/ 2 TBSP light Italian Dressing1/2c PlumsWW Roll | WEDNESDAY 24Soft Beef Tacos(3oz Ground beef, 1/2c lettuce, and tomato, 2 TBSP salsa, 1 6in Flour tortilla, 2 TBSP salsa)1/2c LS Pinto Beans 1c Winter blend vegetables1/2c LS Spanish Rice 1/2c Diced mango | THURSDAY 25Garden Salad with Grilled Chicken(3oz Chicken, 1c romaine lettuce, 1/4c Red cabbage, 1/4c shredded carrots, 1/4c cucumbers, 1/4c Tomatoes, 2 TBSP light Ranch Dressing WW roll1/2c Pineapple chunks | Friday 263oz Meatloaf2oz Low Sodium Gravy1/2c LS Mashed Potatoes1/2c Brussel Sprouts 1/2c 1 WW Roll 1/2c Spiced Pears1 slice SF Angel Food Cake  |
| Monday, 293oz Braised lean Pork Chops 1/2c Mashed Potatoes2oz LS Gravy1/2c LS three Bean SaladWheat Roll1/2c unsweetened Applesauce | TUESDAY 304 oz. Spaghetti & 3 oz. Baked Turkey Meatballs1.5c Green Salad w/2T Light Italian Dressing1c Italian Mixed Vegetables1 Wheat roll Orange 1/2c SF gelatin | WEDNESDAY 313oz LS Herbed Bake salmon1oz Cucumber dill sauce 1/2c saffron brown rice 1c Chateau Blend Vegetables 3/4c Fruit compote Wheat roll  | Menus subject to change without notice Congregate Meal Serving Hour 11:30am - 12:30pm |  |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 | 703.2 | 77.8.3 | 745.9 | 705.7 | 749.9 |
| % Carbohydrates from Calories | 45-55% | 47.3 | 48.2 | 49.7 | 50.2 | 48.5 |
| % Protein from Calories | 15-25% | 22.2 | 21.0 | 24.0 | 23.2 | 21.5 |
| % Fat from Calories | 25-35% | 30.4 | 30.8 | 26.3 | 26.5 | 30.0 |
| Saturated Fat | less than 8g | 8.0 | 8.0 | 8.0 | 8.0 | 7.6 |
| Fiber | 10g or more | 10.4 | 11.9 | 13.0 | 11.0 | 10.4 |
| Vitamin B-12 | .8ug or more | 2.9 | 3.1 | 2.7 | 2.6 | 2.7 |
| Vitamin A | 300ug RAE or more | 632.3 | 391.2 | 399.5 | 400.9 | 380.9 |
| Vitamin C | 30mg or more | 58.1 | 59.5 | 77.8 | 43.0 | 59.6 |
| Iron | 2.6mg or more | 5.1 | 5.5 | 5.6 | 5.2 | 3.4 |
| Calcium | 400mg or more | 471.6 | 444.3 | 481.6 | 462.7 | 452.9 |
| Sodium | less than 766mg | 759.6 | 717.3 | 683.5 | 736.0 | 606.2 |

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 June 26, 2024