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| --- | --- | --- | --- | --- |
| Monday 1  4 oz LS Beef Tips  (3oz beef, 1oz gravy)  1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing  1/3c Herbed Roasted Potatoes  1/2c Roasted Brussels Sprouts  Wheat roll  1 Fresh Pear | Tuesday 2  4oz Chicken Breast  1/2c LS Brown Rice Pilaf w/ 1/3c mushrooms  1c California blend Vegetables  Wheat roll w/ 1 tsp margarine  1c 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 4  CLOSED | Friday 5  Breakfast for Lunch  1oz Reduced Fat Sausage Patty  2 med scrambled egg  1c Diced roasted red potatoes w/ peppers and onions  1 wheat bread-toasted w/ 1 tsp margarine  1c Chopped Cantaloupe and Grapes |
| Monday 8  1c 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 Dressing  1/2c Apricots | Tuesday 9  Tuna salad sandwich  (1/2c Tuna salad (3oz Light tuna), 2 slices wheat bread, 1/2c lettuce, 1 slice tomato)  1c Italian blend  1oz Multigrain Chips  1 banana | Wednesday 10  3oz Lamb Steak  1 medium baked potato w/ 1 tsp margarine, 1 tsp chives  1c Mediterranean Blend  WW roll w 1 tsp margarine  1/2c Mixed Fruit | Thursday 11  Chicken Fajitas  (3 oz. Chicken 1/2c Bell Pepper & Onions,  2 TBSP Salsa  1 6in Flour Tortilla)  1/2c Spanish Slaw  1/2c Chuckwagon vegetables  1/3c 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 onion  1/2c Calabacitas  1/2c Sweet cherries on ½ slice white Cake |
| MONDAY 15  Sloppy 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 16  Stuffed Peppers  (3oz Beef, 1/2 pepper, 1/3c Rice)  1/3c LS Black Beans  3/4c Broccoli Spears  1 WW Roll  1/2c Tropical Fruit | WEDNESDAY 17  6oz Chicken Tetrazzini  (3oz Chicken, 1/4c Pasta, 1/4c mixed vegetables/mushrooms)  1c Capri Vegetables  4 LS WW Crackers  1c Green Salad w/ 2 TBSP Light Italian Dressing  1/2c cinnamon apples | THURSDAY 18  3oz Country Fried Steak  1/2c LS Mashed Potatoes w/  1oz LS Country Gravy  1/2c Green Beans  1 WW Roll  1/2c Fruit Cocktail | FRIDAY 19  1c Green Chile Chicken Enchiladas  (3 oz. Chicken, 1 oz. Green Chile, .5oz. Cheese,  2 Corn Tortillas)  1/2c Lettuce & Tomato  1c Vegetable medley  1/2c LS Pinto Beans  1c strawberries |
| MONDAY 22  8oz Red Beef Enchiladas  (2 oz. Beef, 1 oz. Cheese, 1 oz. Red Chile, 2 Corn Tortillas)  1/2c Lettuce & Tomato  1c Zucchini and NAS Diced tomatoes  1/2c LS Pinto Beans  1c Grapes  1/3c FF Tapioca pudding | TUESDAY 23  1c 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 Dressing  1/2c Plums  WW Roll | WEDNESDAY 24  Soft 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 vegetables  1/2c LS Spanish Rice  1/2c Diced mango | THURSDAY 25  Garden 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 roll  1/2c Pineapple chunks | Friday 26  3oz Meatloaf  2oz Low Sodium Gravy  1/2c LS Mashed Potatoes  1/2c Brussel Sprouts  1/2c 1 WW Roll  1/2c Spiced Pears  1 slice SF Angel Food Cake |
| Monday, 29  3oz Braised lean Pork Chops  1/2c Mashed Potatoes  2oz LS Gravy  1/2c LS three Bean Salad  Wheat Roll  1/2c unsweetened Applesauce | TUESDAY 30  4 oz. Spaghetti & 3 oz. Baked Turkey Meatballs  1.5c Green Salad w/  2T Light Italian Dressing  1c Italian Mixed Vegetables  1 Wheat roll  Orange  1/2c SF gelatin | WEDNESDAY 31  3oz LS Herbed Bake salmon  1oz 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***

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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 | 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