|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  |  |  | 1 |
|  |  |  |  | Beef & Papas  (3oz Lean Ground Beef, 1/2c Potato)  3/4c LS Pinto Beans  1/2c LS Roasted Zucchini  2 TBSP LS Salsa  1 6 in flour Tortilla  1c Cantaloupe |
| 4 | 5 | 6 | 7 | 8 |
| Chicken Chow Mein  (4oz Diced Chicken, 1/2c Chow Mein Noodles, 1oz LS sauce)  1c Oriental Vegetables  1-Fortune cookie  3/470c Mandarin Oranges  1 slice SF Angel Food Cake | 4oz Baked LS Cajun Tilapia  1 TBSP Tartar Sauce  1/2c LS wild rice  1c California Blend Vegetables w/ 1 tsp margarine  Wheat roll w/ 1 tsp margarine  3/4c Peaches | Beef Fajitas  (3oz Beef, 1/2c peppers and onion, 1 6in Flour Tortilla, 2 TBSP salsa)  1/2c LS Pinto Beans  1c Capri Vegetables w/ 1 tsp unsalted butter  1/2c Mixed Berries w/ 1/2c SF Gelatin | 1c Chicken & Noodles  (3oz Chicken breast, 1/2c Noodles, 1/4c Sauce)  1/2c Carrot & Raisin Salad  1/2c Broccoli w/ 1 tsp margarine  1.5c Tossed salad w/ 2 TBSP light Ranch Dressing  Wheat roll w/ 1 tsp margarine  3/4c Applesauce | 1c Chili w/ beans  (3oz Beef, 1/2c beans, 2oz RC sauce)  1/2c Zucchini w/ 1 tsp margarine  1 oz Cornbread w/ 1 tsp margarine  3/4c Apricots |
| 11 | 12 | 13 | 14 | 15 |
| 3oz Meatloaf  2oz LS Gravy  1/2c Egg Noodles  1c Vegetable Medley  3/4c Tossed Salad w/ 1 TBSP Light Italian Dressing  WW Roll w/ 1 tsp. unsalted butter  1c Frozen Tropical Fruit | Grilled Ham and Cheese  (2 slices wheat bread, 1oz LS Ham, 1oz Swiss Cheese)  3/4c LS Tomato Soup  1/2c Carrot Raisin Salad  1/2c Mixed Fruit  1/2c Light Vanilla nonfat Yogurt | 3oz Chicken Fried Steak  1/2c Mashed Potatoes w/ 2 oz LS gravy  1/2c Green Beans w/ 1 tsp unsalted butter  Wheat Roll w/ 1 tsp unsalted butter  1/2c Warm Apple Slices | Chef Salad w/ Turkey & HB Egg  (1c romaine lettuce, 1/4c cucumbers, 1/4c tomatoes, 1/8c red cabbage, 1oz turkey,1 HB Egg,1  2 TBSP light ranch Dressing)  6 LS WW Crackers  Orange  1 Chocolate Chip Cookie | Chicken Fried Rice  (3oz diced chicken, 1/2c Brown Rice, 1/4c Peas and Carrots  1-Spring Roll  1c Broccoli and red pepper  1/2c Fruit Cocktail |
| 18 | 19 | 20 | 21 | 22 |
| Pork Chop  3 oz Pork Chop w/ 1oz LS Gravy  1/2c Lemon Herb Orzo  1/2c Broccoli Spears  1/2c Roasted Zucchini  1 WW roll  1/2c Applesauce | 4 oz Orange Chicken  1/2c steamed Brown Rice  1c Oriental Vegetables  1 Fortune Cookie  1/2c Pineapple Chunks | Chicken Sandwich  (3 oz Chicken Breast,  1 oz Cheese,1 hamburger bun, 1/2c Lettuce, 1 tomato slice)  1c California Blend Vegetables w/ 1 tsp margarine  1oz Sun Chips  1 Fresh Pear | Frito Pie  1oz Corn Chips , 3oz ground beef 2oz red chile  1/4c onion, 1/2c Lettuce and tomato )  1/2c LS Pinto Beans  1/2c Beet and Red Onion Salad  Oatmeal Cookie | Turkey Dinner  3 oz Turkey, 1/2c LS Mashed Potatoes 2oz LS Gravy  1/2c Green Beans w/ 1/4c Slivered Almonds  1/4c Cornbread stuffing  1 WW Roll w/ 1 tsp margarine  1/4c Cranberry Sauce  1 slice Pumpkin Pie 1 TBSP Whipped Topping |
| 25 | 26 | 27 | 28 | 29 |
| BBQ Chicken Wings  (3oz chicken, 2 TBSP BBQ sauce)  1/2c NAS Steak Fries  1C California Vegetables  1 WW Roll w/ 1 tsp unsalted butter  1c Strawberries & Cantaloupe  1/2 slice SF Angel Food Cake | Shrimp Alfredo  (3/4c Fettuccine, 4oz Shrimp, 1oz Light Alfredo sauce)  1C Italian Blend Vegetables  Wheat roll w/ 1 tsp unsalted butter  Orange | Closed for  Thanksgiving  Holiday | Thanksgiving Day | Closed for  Thanksgiving  Holiday |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **1** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **2** |
| Calories | 700 or more | 785.8 | 703.1 | 703.5 | 778.4 | 720.3 |
| % Carbohydrates from Calories | 45-55% | 46.8 | 46.7 | 52.0 | 46.2 | 53.2 |
| % Protein from Calories | 15-25% | 25.8 | 23.9 | 19.7 | 22.9 | 21.1 |
| % Fat from Calories | 25-35% | 27.6 | 29.4 | 28.3 | 31.9 | 25.6 |
| Saturated Fat | less than 8g | 7.9 | 6.9 | 7.6 | 7.8 | 7.7 |
| Fiber | 10g or more | 17.8 | 11.4 | 10.2 | 10.4 | 10.1 |
| Vitamin B-12 | .8ug or more | 3.5 | 2.4 | 2.0 | 2.1 | 1.3 |
| Vitamin A | 300ug RAE or more | 435.1 | 511.1 | 437.2 | 388.9 | 312.2 |
| Vitamin C | 30mg or more | 106.1 | 58.5 | 65.3 | 35.0 | 96.3 |
| Iron | 2.6mg or more | 8.1 | 4.6 | 4.2 | 4.4 | 3.5 |
| Calcium | 400mg or more | 478.1 | 438.4 | 527.6 | 500.9 | 470.0 |
| Sodium | less than 766mg | 572.3 | 763.7 | 745.7 | 649.2 | 736.5 |

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 September 20, 2024

Week 1 Valencia County September 2023

Week 2 Torrance County September 2024

Week 3 Jal Senior Center August 2024

Week 4 Hidalgo Medical Services November 2023

Week 5 Socorro Senior Center August 2024