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| **MONDAY 3,2024**  MEATBALL SUB  (1/2 Hoagie Roll, 3 1oz beef meatball, 2oz NAS Marinara sauce, .5oz mozz cheese)  1/2c LS black bean Salad  3/4c Italian Vegetables  Fresh Pear | **TUESDAY 4, 2024**  FRIED CATFISH  (3oz catfish, 1oz cornmeal, 1 TBSP tartar sauce)  1/2c baby bakers  1/2c green beans  Wheat roll w/ 1 tsp unsalted butter  1c Fruit Salad | **WEDNESDAY 5, 2024**  BBQ CHICKEN  (3oz CHICKEN breast , 1 TBSP BBQ SAUCE)  1/2c SPINACH  1c Pasta Salad  (1/2c pasta, 1/2c Vegetables)  3/4c Mandarin Oranges | **THURSDAY 6, 2024**  BLT  (2 sl ww bread, 2 sl reduced sodium BACON, 1/2c lettuce, 2 sl tomato, 1 HB Egg)  1c LS Tomato Soup  1/2c sweet potato fries  1/2c mixed berries  1c Light nonfat Vanilla yogurt | **FRIDAY 7, 2024**  SHRIMP SCAMPI  (3oz shrimp, 1/2c peppers, 1/4c Mushrooms, 1/4c onions)  1/2c Angel Hair Pasta  1.5c Tossed Salad w/ 2 TBSP light Italian Dressing  Wheat roll w/ 1 tsp unsalted butter  1/2c Warm Apple Slices |
| **MONDAY 10, 2024**  CHICKEN TACO  (3oz Chicken, 1 6 in flour tortilla, 1/2c Lettuce and tomato, 2 TBSP salsa)  1c California blend veg.  1/2c LS Spanish rice  1c watermelon | **TUESDAY 11, 2024**  SAUSAGE RUSTICA  (1oz sausage, 1/2c penne pasta, 1/4 c peppers, 1/4c spinach, 1/8c onion, 1/2c NAS marinara)  1/2c roasted cauliflower  Garlic knot  1/2c mixed fruit  1c light nonfat vanilla yogurt | **WEDNESDAY 12, 2024**  TATER TOT CASSEROLE  (1/4c Mixed Vegetable, 3oz Ground beef, 1oz sauce, 1/4c Tater Tots)  1.5c Tossed Salad  w/ 2 TBSP Light Italian Dressing  Wheat roll w/ 1 tsp unsalted butter  1c Grapes and Cantaloupe | **THURSDAY 13, 2024**  CHICKEN FAJITAS  (3oz chicken, 1 6in flour tortilla, 1/2c peppers and onions, 2 TBSP SALSA)  1/2c roasted summer squash  1/2c Brussel Sprouts  1/2c mango | **FRIDAY 14, 2024**  4oz MEATLOAF  2oz Low Sodium Gravy  1/2c LS Mashed Potatoes  1c Mediterranean blend  1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing  1 WW Roll w/ 1 tsp. unsalted butter  1/2c SF Gelatin |
| **MONDAY 17, 2024**  LEMON PEPPER COD  (3 oz. Baked LS Lemon Pepper Cod)  1/2c Wild Rice  1/2c carrots  1c Coleslaw w/ 2 TBSP Dressing  ½ slice cornbread w/ 1 tsp unsalted butter  3/4c Apricots | **TUESDAY 18, 2024**  TERIYAKI CHICKEN  (1oz Teriyaki Sauce 3 oz Chicken, 1/2c peppers and onions)  1c Brown Rice  1c Asian Veggies  1/2c Pineapple Chunks, 1/2c Mandarin oranges  1-Fortune Cookie | **WEDNESDAY 19, 2024**  CLOSED | **THURSDAY 20, 2024**  BEEF BRISKET  (3oz LS Lean Brisket)  1 medium baked potato w/ 2 tsp unsalted butter, 1 tsp chives, 2 TBSP Salsa  1/2c calabacitas  Wheat roll w/ 1 tsp unsalted butter  3/4c Diced Peaches | **FRIDAY 21, 2024**  TURKEY & SWISS WRAP  (1 8 in WW tortilla, 3oz Turkey, 1oz Swiss Cheese, 1/2c lettuce, 1/2c tomato)  1/2c LS LF Broccoli salad  1c NAS Minestrone Soup  Orange |
| **MONDAY 24, 2024**  PORK TAMALE  (1.5oz pork, 1/4c red chile, sauce, 1/4c masa)  1/2c LS Pinto Beans  1/2c Zucchini w/ 1/2c NAS Diced Tomatoes  4 graham crackers  1c honeydew | **TUESDAY 25, 2024**  STUFFED PEPPERS  (1/2 bell pepper, 1/4c brown rice, 3 oz Ground beef, 1 oz LS Tomato sauce)  1c Capri Veggies  1c Grapes  1 Wheat roll | **WEDNESDAY 26, 2024**  GC CHICKEN ALFREDO  with fettuccine  (3oz diced chicken, 2oz Fettuccine, 1/4c Light Alfredo Sauce, 2 TBSP GC)  1c Italian Blend  Wheat Roll w/ 1 tsp margarine  3/4c Strawberries and bananas | **THURSDAY 27, 2024**  SMOTHERED BURRITO  (3/4c Pinto beans, .5oz cheese, 1 6” flour tortilla, 2 oz red chili Sauce)  1/2c LS Spanish rice  1/2c lettuce/tomato  1c Chateau blend vegetables w/ 1 tsp margarine  1/2c FF sorbet | **FRIDAY 28, 2024**  MUSHROOM BURGER  (1 bun, 3oz Beef, .5oz Swiss Cheese, 1/3c Mushrooms, 1/2c lettuce, 2 slices tomato, 1 slice onion)  1/2c Sweet potatoes  3/4c Cucumber, tomato and Onion salad  1/2c mixed Berries w/ 1/2c SF Gelatin |

***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:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **n/a** |
| Calories | 700 or more | 734.3 | 710.1 | 723.7 | 741.9 |  |
| % Carbohydrates from Calories | 45-55% | 53.0 | 45.7 | 52.4 | 54.2 |  |
| % Protein from Calories | 15-25% | 20.1 | 22.2 | 21.8 | 20.6 |  |
| % Fat from Calories | 25-35% | 26.9 | 32.0 | 25.8 | 25.2 |  |
| Saturated Fat | less than 8g | 7.3 | 8.0 | 7.9 | 7.7 |  |
| Fiber | 10g or more | 13.8 | 10.0 | 10.0 | 13.0 |  |
| Vitamin B-12 | .8ug or more | 2.2 | 2.2 | 2.2 | 2.2 |  |
| Vitamin A | 300ug RAE or more | 600.0 | 566.3 | 528.2 | 373.3 |  |
| Vitamin C | 30mg or more | 54.9 | 103.9 | 82.2 | 44.6 |  |
| Iron | 2.6mg or more | 5.3 | 5.3. | 3.9 | 5.2 |  |
| Calcium | 400mg or more | 565.1 | 508.2 | 511.2 | 508.8 |  |
| Sodium | less than 766mg | 735.0 | 741.7 | 765.1 | 734.0 |  |

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 28, 2024