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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 Salad3/4c Italian VegetablesFresh Pear | **TUESDAY 4, 2024**FRIED CATFISH(3oz catfish, 1oz cornmeal, 1 TBSP tartar sauce)1/2c baby bakers1/2c 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 fries1/2c mixed berries1c Light nonfat Vanilla yogurt | **FRIDAY 7, 2024**SHRIMP SCAMPI(3oz shrimp, 1/2c peppers, 1/4c Mushrooms, 1/4c onions)1/2c Angel Hair Pasta1.5c Tossed Salad w/ 2 TBSP light Italian DressingWheat 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 rice1c 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 cauliflowerGarlic knot1/2c mixed fruit1c 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 Saladw/ 2 TBSP Light Italian DressingWheat 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 squash1/2c Brussel Sprouts 1/2c mango  | **FRIDAY 14, 2024**4oz MEATLOAF2oz Low Sodium Gravy1/2c LS Mashed Potatoes1c Mediterranean blend1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing1 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 Rice1/2c carrots1c Coleslaw w/ 2 TBSP Dressing ½ slice cornbread w/ 1 tsp unsalted butter3/4c Apricots | **TUESDAY 18, 2024**TERIYAKI CHICKEN(1oz Teriyaki Sauce 3 oz Chicken, 1/2c peppers and onions)1c Brown Rice1c Asian Veggies1/2c 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 Salsa1/2c calabacitasWheat 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 salad1c NAS Minestrone SoupOrange |
| **MONDAY 24, 2024**PORK TAMALE(1.5oz pork, 1/4c red chile, sauce, 1/4c masa)1/2c LS Pinto Beans1/2c Zucchini w/ 1/2c NAS Diced Tomatoes4 graham crackers1c 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 Veggies1c Grapes1 Wheat roll  | **WEDNESDAY 26, 2024**GC CHICKEN ALFREDOwith fettuccine(3oz diced chicken, 2oz Fettuccine, 1/4c Light Alfredo Sauce, 2 TBSP GC)1c Italian Blend Wheat Roll w/ 1 tsp margarine3/4c 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 rice1/2c lettuce/tomato1c 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 potatoes3/4c Cucumber, tomato and Onion salad1/2c 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