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| --- | --- | --- | --- | --- |
| MONDAY 3, 2024 7oz Pepper Steak (3oz Steak, 1/2c peppers and onions)1/2c Cooked chow mein Noodles 1/2c Stir Fry Vegetables 1/2c Mandarin oranges | TUESDAY 4, 2024 Santa Fe Chicken(3oz Chicken, 2oz GC Sauce, 1oz Cheese, 1/2c chuck wagon vegetables))1/2c Cilantro Lime Brown Rice1/2c Beets 3/4c c Pineapple Tidbits | WEDNESDAY 5, 2024 Red Chile Beef Enchiladas(3oz. Beef, 1 oz. Cheese, 1 oz. Red Chile, 2 Corn Tortillas)1/2c Lettuce & Tomato1/2c Zucchini 1/2c LS Pinto Beans1/2c LS Spanish Rice1/2c Apricots | THURSDAY 6, 20243oz LS Baked Fish Sandwich(3oz LS Cod, hamburger bun)2 TBSP Tartar Sauce1c Broccoli w/ red bell  pepper strips1c Coleslaw w/ 2 TBSP Dressing 3/4c Mixed Fruit | Friday 7,20243 oz. Swiss Steak & 2 oz. Tomato and Onion Gravy1/2c New Potatoes w/Dill1/2c Yellow Squash w/ 1 tsp unsalted butterWheat roll w/ 1tsp unsalted butter1 tsp. Margarine1/2c Peaches |
| MONDAY 10, 20243oz LS Beef Tips 2oz LS Sauce, 1/2c mushrooms  3/4c Egg Noodles1c California Blend Vegetables  Wheat roll w/ 1 tsp margarine Fresh Pear  | TUESDAY 11, 20243 oz. BBQ Baked Chicken2 TBSP barbecue sauce1/2c Scalloped Potatoes1/2c LS Herbed Green BeansWheat roll1 tsp. Margarine1/2c Carrot Raisin Salad | WEDNESDAY 12, 20243oz Salisbury Steak w/2 oz LS Gravy1/3c corn 3/4c Roasted Brussel sproutsWheat roll w 1 tsp margarine1/2c Warm apple slices  | THURSDAY 13, 2024Chicken Fajita(3 oz. Chicken, 1/2c Peppers & Onion, 1 Flour Tortilla)1/2c LS Spanish Rice1/2c LS Pinto BeansOrange  | FRIDAY 14, 20243 oz. Roast Beef w/2oz. Low Sodium Gravy1/2c Sweet Potato1C Monte Carlo Vegetables1 Biscuit w/ 1 tsp. Margarine1/2c Peaches in 1/4c SF Cobbler |
| MONDAY 17, 2024Tuna Salad Sandwich(3oz Tuna (1/2c), 2 slices wheat bread, 1/2c lettuce, 2 slices tomato(1c Broccoli/cauliflower w/ 1 tsp margarine1/2c LS Garlic Cilantro Roasted Potatoes1/2c Plums | TUESDAY 18, 20243oz Chicken Strip w/2 oz LS Country Gravy1c Château Blend Vegetables w/ 1 tsp margarineWheat roll 3/4c unsweetened applesauce | WEDNESDAY 19, 20243 oz. LS Herbed Baked Pork Chop 1/2c Wild Rice w/ 1/4c Onions, 1/4c mushrooms1/2c Vegetable medley 1 WW Roll 1c Tropical Fruit Salad | THURSDAY 20, 20246oz GC Sour Cream Enchiladas(2 corn tortilla, 2oz Cheese, 1/2c lettuce and tomato, 2oz GC sauce)1/2c LS Pinto Beans1/2c Spinach w/ 1 tsp margarine1/2c NAS Stewed Tomatoes1/2c Pears | FRIDAY 21, 2024Beef & Bean Burrito(2oz GC sauce, 2 oz. Beef, 1/4c LS Pinto Beans, 1 8in WW Tortilla, 2 TBSP Salsa)1/2c Calabacitas1/2c Italian Beans w/ 1 tsp unsalted butter Banana |
| MONDAY 24, 2024 8oz Beef Burgundy(3oz Beef, 1/2c Sauce/vegetables, 1oz sauce)1/2c Egg Noodles1c Garden Blend 1 Biscuit1 tsp. Margarine 1/2c Mixed Berries , 1/2c light nonfat vanilla yogurt  | TUESDAY 25, 20248oz Green Chile Chicken Enchiladas(1oz GC, 3oz Chicken, 1oz Cheese, 2 corn tortillas, 1/2c Lettuce and tomato) 1/2c LS Spanish Rice 1c Capri Vegetables1c Fruit Salad  | WEDNESDAY 26, 20243oz Meatloaf2oz Low Sodium Gravy1/2c LS Mashed Potatoes1c California Blend1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing1 WW Roll w/ 1 tsp. Margarine1c strawberries and Bananas | THURSDAY 27, 2024GC Chicken Alfredo (1oz GC, 3oz Diced Chicken, 2oz Light Alfredo Sauce, 1/2c Fettuccine)1c Italian Blend Vegetables Wheat roll w/ 1 tsp unsalted butter 1/2c Mixed Fruit  | FRIDAY 28, 20241c Ham and Beans(2oz LS Ham, 1/2c Pinto beans.1oz GC)1/2c Zucchini3/4c Broccoli Spears w/ 1 tsp margarine1 slice LF Cornbreadw/ 1 tsp. unsalted butter1c Grapes  |

***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:****5** | **Days in Week:****5** | **Days in Week:****n/a** |
| Calories | 700 or more | 765.2 | 827.2 | 702.3 | 766.1 |  |
| % Carbohydrates from Calories | 45-55% | 49.2 | 48.7 | 51.9 | 51.9 |  |
| % Protein from Calories | 15-25% | 23.0 | 20.3 | 19.9 | 22.4 |  |
| % Fat from Calories | 25-35% | 27.7 | 31.0 | 28.4 | 25.5 |  |
| Saturated Fat | less than 8g | 8.0 | 8.0 | 7.9 | 8.0 |  |
| Fiber | 10g or more | 10.6 | 12.2 | 12.0 | 11.1 |  |
| Vitamin B-12 | .8ug or more | 2.9 | 2.9 | 2.1 | 2.1 |  |
| Vitamin A | 300ug RAE or more | 344.0 | 439.0 | 365.6 | 430.4 |  |
| Vitamin C | 30mg or more | 65.1 | 48.9 | 37.6 | 50.7 |  |
| Iron | 2.6mg or more | 4.9 | 5.5 | 4.8 | 4.7 |  |
| Calcium | 400mg or more | 491.1 | 489.2 | 550.3 | 560.9 |  |
| Sodium | less than 766mg | 698.5 | 648.2 | 670.9 | 760.2 |  |

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 approved on May 21, 2024