|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Mond 1, 20244oz Sesame Chicken Breast, 1oz Sauce1c Brown rice1c. stir fry vegetables1c Mandarin oranges | Tuesday 2, 20243 oz. LS Baked Fishw/ 2 TBSP Tartar Sauce 1/2c Scalloped Potatoes 1/2c Spinach w/ 1 tsp margarine 1 WW Bread w/ 1 tsp. unsalted butter 1c Fruit Salad | Wednesday 3, 2024 Pork Riblet(3oz. Boneless Pork,, 1 TBSP Barbecue Sauce)1 slice LF Cornbread w/ 1 tsp margarine 1/2c pinto beans1c Vegetable medley w/ 1 tsp unsalted butter 1 Banana | Thursday 4, 2024SENIOR CENTER CLOSEDFOURTH OF JULYHOLIDAY  | Friday 5, 20242oz Polish Sausage w/ 1/2c Pepper & Onions1/3c Herb Roasted Potatoes1c California blend Vegetables w/ 1 tsp unsalted butter 1 WW Roll w/1 tsp margarine1c Strawberries1/2c Light nonfat vanilla yogurt  |
| Monday 8, 20244 oz Baked LS Pork Chop (w/ Bone)1/2c LS Brown Rice Pilaf1/2c Beets3/4c Roasted Brussel Sprouts1 WW Roll w/1 tsp unsalted butter 1 Fresh Pear 1/2c SF Gelatin  | Tuesday 9, 2024Open Faced Turkey Sandwich(3oz Turkey, 1oz LS gravy, 1 slice wheat bread)1/3c LS Mashed Potatoes w/ 1oz LS Gravy1c Chateau Blend Vegetables w/ 1 tsp unsalted butter 3/4c Fruit Cocktail | Wednesday 10, 2024Tamale(1.5 oz. Pork, 2oz LS Red Chile sauce, 1/4c Masa)1/2c LS Spanish Rice1/2c LS Pinto Beans1c Zucchini w/ NAS diced Tomatoes w/ 1 tsp unsalted butter 1c Diced Mango  | Thursday 11, 2024Chef Salad(1oz. Low Sodium Ham, 1 oz. Turkey, 1 HB Egg, 1.5c romaine Lettuce, 1oz Tomato, 1oz Shredded carrots, 1/4c red cabbage, 1/4c red onion, 1/4c cucumber, 2T Light Ranch Dressing)Wheat roll w/ 1 tsp unsalted butter 1c Apricots | Friday 12, 20243 oz. baked Chicken Nuggets w/ 1 TBSP BBQ Sauce3/4c Roasted Sweet potatoes1/2c LS Three Bean Salad6 LS WW crackersOrange  |
| Monday 15, 20243 oz. Beef Strips w/ 1/2c Pepper & Onions1/2c Wild Rice w/ 1 tsp margsarine1c Winter Blend w/ 1 tsp margarine1c pineapple and mandarin oranges | Tuesday 16, 20243/4c Chicken Salad w/ grapes and walnuts1 Croissant 1/2c Lettuce, 2 slices Tomato1/2c no added salt baked French Fries 1/2c Carrots1/2c spiced Peaches | Wednesday 17, 20241c Chili Beans w/Meat(3 oz. Beef, 1/4c Red Chile, 1/2c Beans)1/2c Green Beans w/ 1 tsp unsalted butter1 sl. Cornbread w/ 1 tsp. unsalted butter1/2c Mixed Fruit 1/2c SF Gelatin  | Thursday 18, 20243/4c Chicken MacaroniCasserole (3oz Chicken, 1/2c Macaroni, 1oz Sauce)1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing1c Strawberries  | Friday 19, 2024Stuffed Cabbage Roll(3oz Beef, 1oz tomato Sauce, 1/2c Cabbage)1/2c spinach w/ 1/4c mushroomsWheat roll 1/2c SF Vanilla pudding1/2c pears1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing |
| Monday 22, 2024Beef And Bean Burrito(2 oz. Ground Beef, 1/2c Beans, 1/4c Red Chile, 1 8 in flour Tortilla)1/2c LS Spanish Rice1c Capri Vegetables w/ 1 tsp unsalted butter Banana | Tuesday 23, 2024Garden Salad w/ Chicken (3 oz. Diced Chicken, 1c romaine Lettuce, 1/4c Tomato, ¼ c Cucumbers, 1/8 c Red Onions, 2T Light Ranch Dressing)6 LS WW Crackers w/ 1tsp unsalted butter 1/2c Pineapple | Wednesday 24, 2024Sloppy Joe(3 oz Beef, 1 oz Sauce, 1 WW Bun, 1/2c Peppers and onions)1c Garden Blend Vegetables w/ 1 tsp unsalted butter 1c Tropical Fruit Salad | Thursday 25, 20248oz Tuna Noodle Casserole(3oz Tuna, 1oz Sauce, 1/2c Noodles, 1/2c Peas and carrots)3/4c Broccoli Spears w/ 1 tsp unsalted butter 1c Cantaloupe  | Friday 26, 2024Pepperoni Pizza(1oz crust, 1oz pizza sauce, 1oz mozz. Cheese, 7 slices pepperoni (.5oz))1c Italian Veg w/ 1/2c Garbanzo beans1/2c Peaches  |
| Monday 29, 2024Green Chile Cheeseburger(3 oz. Beef, 2oz Green Chili, 1 Bun, 1/2c lettuce, 2 slices tomato, 1 slice onion, .5oz Cheese)1.5 c. Tossed Salad w/ 2oz Light Ranch Dressing1/2c Calabacitas1/2c Apple Slices 1/2c FF Sorbet  | Tuesday 30, 2024Frito Pie(3oz Beef, 2oz Red Chili, 1oz Corn Chips, 1/8c onions, 1/2c Lettuce and tomato)1/2c Pinto Beans1c Vegetable medley 1c Diced mango | Wednesday 31, 2024BLT Sandwich(2 slices reduced sodium Bacon,1/2c Lettuce, 2 slices Tomato, 2 Slice wheat Bread)1 HB egg1c California blend beg w/ 1 tsp unsalted butter1c Light nonfat Vanilla yogurt w/ 1/2c mixed Berries  |  | Occasionally We Must Substitute Food Items. We Are Sorry For The Inconvenience  |

***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 | 700.5 | 703.8 | 718.6 | 700.3 | 720.2 |
| % Carbohydrates from Calories | 45-55% | 50.7 | 51.1 | 48.8 | 51.9 | 48.3 |
| % Protein from Calories | 15-25% | 22.5 | 20.1 | 21.6 | 21.7 | 21.2 |
| % Fat from Calories | 25-35% | 26.7 | 28.8 | 29.6 | 26.4 | 30.5 |
| Saturated Fat | less than 8g | 7.6 | 7.8 | 8.0 | 7.9 | 7.9 |
| Fiber | 10g or more | 10.5 | 12.1 | 10.2 | 11.2 | 12.5 |
| Vitamin B-12 | .8ug or more | 2.3 | 1.3 | 2.5 | 2.3 | 2.7 |
| Vitamin A | 300ug RAE or more | 420.3 | 515.4 | 657.4 | 495.9 | 489.5 |
| Vitamin C | 30mg or more | 65.7 | 52.4 | 68.7 | 68.1 | 56.3 |
| Iron | 2.6mg or more | 4.9 | 3.7 | 5.2 | 4.5 | 4.4 |
| Calcium | 400mg or more | 524.0 | 381.0 | 516.9 | 490.7 | 553.6 |
| Sodium | less than 766mg | 753.8 | 762.5 | 744.5 | 744.6 | 724.3 |

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 18, 2024