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| Mond 1, 2024  4oz Sesame Chicken Breast, 1oz Sauce  1c Brown rice  1c. stir fry vegetables  1c Mandarin oranges | Tuesday 2, 2024  3 oz. LS Baked Fish  w/ 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 beans  1c Vegetable medley w/ 1 tsp unsalted butter  1 Banana | Thursday 4, 2024  SENIOR CENTER CLOSED  FOURTH OF JULY  HOLIDAY | Friday 5, 2024  2oz Polish Sausage w/ 1/2c Pepper & Onions  1/3c Herb Roasted Potatoes  1c California blend Vegetables w/ 1 tsp unsalted butter  1 WW Roll w/1 tsp margarine  1c Strawberries  1/2c Light nonfat vanilla yogurt |
| Monday 8, 2024  4 oz Baked LS Pork Chop (w/ Bone)  1/2c LS Brown Rice Pilaf  1/2c Beets  3/4c Roasted Brussel Sprouts  1 WW Roll w/1 tsp unsalted butter  1 Fresh Pear  1/2c SF Gelatin | Tuesday 9, 2024  Open Faced Turkey Sandwich  (3oz Turkey, 1oz LS gravy, 1 slice wheat bread)  1/3c LS Mashed Potatoes w/ 1oz LS Gravy  1c Chateau Blend Vegetables w/ 1 tsp unsalted butter  3/4c Fruit Cocktail | Wednesday 10, 2024  Tamale  (1.5 oz. Pork, 2oz LS Red Chile sauce,  1/4c Masa)  1/2c LS Spanish Rice  1/2c LS Pinto Beans  1c Zucchini w/ NAS diced Tomatoes w/ 1 tsp unsalted butter  1c Diced Mango | Thursday 11, 2024  Chef 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, 2024  3 oz. baked Chicken Nuggets w/  1 TBSP BBQ Sauce  3/4c Roasted Sweet potatoes  1/2c LS Three Bean Salad  6 LS WW crackers  Orange |
| Monday 15, 2024  3 oz. Beef Strips w/  1/2c Pepper & Onions  1/2c Wild Rice w/ 1 tsp margsarine  1c Winter Blend w/ 1 tsp margarine  1c pineapple and mandarin oranges | Tuesday 16, 2024  3/4c Chicken Salad w/ grapes and walnuts  1 Croissant  1/2c Lettuce, 2 slices Tomato  1/2c no added salt baked French Fries  1/2c Carrots  1/2c spiced Peaches | Wednesday 17, 2024  1c Chili Beans w/Meat  (3 oz. Beef, 1/4c Red Chile, 1/2c Beans)  1/2c Green Beans w/ 1 tsp unsalted butter  1 sl. Cornbread w/  1 tsp. unsalted butter  1/2c Mixed Fruit  1/2c SF Gelatin | Thursday 18, 2024  3/4c Chicken Macaroni  Casserole  (3oz Chicken, 1/2c Macaroni, 1oz Sauce)  1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing  1c Strawberries | Friday 19, 2024  Stuffed Cabbage Roll  (3oz Beef, 1oz tomato Sauce, 1/2c Cabbage)  1/2c spinach w/ 1/4c mushrooms  Wheat roll  1/2c SF Vanilla pudding  1/2c pears  1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing |
| Monday 22, 2024  Beef And Bean Burrito  (2 oz. Ground Beef, 1/2c Beans, 1/4c Red Chile, 1 8 in flour Tortilla)  1/2c LS Spanish Rice  1c Capri Vegetables w/ 1 tsp unsalted butter  Banana | Tuesday 23, 2024  Garden 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, 2024  Sloppy 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, 2024  8oz 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, 2024  Pepperoni Pizza  (1oz crust, 1oz pizza sauce, 1oz mozz. Cheese, 7 slices pepperoni (.5oz))  1c Italian Veg w/ 1/2c Garbanzo beans  1/2c Peaches |
| Monday 29, 2024  Green 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 Dressing  1/2c Calabacitas  1/2c Apple Slices  1/2c FF Sorbet | Tuesday 30, 2024  Frito Pie  (3oz Beef, 2oz Red Chili, 1oz Corn Chips, 1/8c onions, 1/2c Lettuce and tomato)  1/2c Pinto Beans  1c Vegetable medley  1c Diced mango | Wednesday 31, 2024  BLT Sandwich  (2 slices reduced sodium Bacon,1/2c Lettuce, 2 slices Tomato, 2 Slice wheat Bread)  1 HB egg  1c California blend beg w/ 1 tsp unsalted butter  1c 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