|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday 3, 2024Tuna Salad Sandwich(4oz Tuna Salad, 2 sl. Wheat Bread)1/2c Lettuce & 2 slices Tomatoes1c California blend Vegetables w/ 1 tsp unsalted butter 1oz Baked Chips3/4c Canned plums | Tuesday 4, 2024Pigs In A Blanket(1/2 Chicken Frank=1oz, 1 crescent roll .5 oz Cheese)1c Capri Vegetables w/ 1 tsp unsalted butter 1/2c Spiced Peaches1c Light Nonfat vanilla yogurt | Wednesday 5, 20246oz Hamburger Macaroni(3 oz. Beef, 1/4c Macaroni)1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing1/2 c NAS Stewed Tomatoes &1oz green Chile4 LS WW crackers 1/2c Apples in 1/4c Crisp | Thursday 6, 2024Greek Chicken Salad(3oz Diced Chicken, 1c Romaine Lettuce ½ c Veggies (Red onions, red and green bell peppers, tomatoes, olives, cucumbers) .5oz Feta cheese, (2 TBSP Olive oil, lemon and oregano, black pepper Dressing)6 LS WW Crackers1 pear | Friday 7, 20243 oz. Baked Chicken Nuggets W/2 TBSP BBQ Sauce3/4c LS Brown Rice Pilaf1c Carrots & Broccoli w/1 tsp unsalted butter 1c Apricots  |
| Monday 10, 2024Turkey & Cheese Sandwich(2 oz. Turkey, 1 oz. Swiss Cheese, 2 sl. Wheat Bread)1/2c Lettuce & 2 slices Tomatoes1/2c Cucumber, onion and tomato Salad 1c Pasta Salad(1/2c Pasta, 1/2c Vegetables)1 Banana | Tuesday 11, 2024Tamales(2oz. Pork, 2oz Red Chile, 3 oz. Masa)1/2c LS Spanish Rice1c Vegetable Medley w/ 1 tsp unsalted butter 1c Light nonfat vanilla yogurt 1/2c Peaches | Wednesday 12, 20241c Ham & Bean Soup(2 oz Low Sodium Ham, 2 oz. Sauce, 1/2c Beans)Wheat roll w/ 1 tsp unsalted butter 1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing1/2c SF Gelatin w/ 1/2c Fruit Cocktail  | Thursday 13, 20244oz. Sweet & Sour Chicken (3oz diced chicken,1oz Sauce)1/2c Cooked Chow Mein noodles1c Winter Blend w/ 1tsp unsalted butter 1/2c Mandarin Oranges& 1/2c Pineapple  | Friday 14, 20244 oz BBQ Ribs(3oz Boneless Ribs, 1 TBSP BBQ sauce)1/2c LS Potato salad 1/2c okra with tomato and onions1 Slice LF cornbread w/ 1 tsp margarine1c Strawberries |
| Monday 17, 2024Beef Stroganoff(3 oz. Beef, 3oz Sauce, 3/4c Noodles)3/4c Green beans w/ 1/4c mushrooms1 WW Roll w/ 1 tsp margarine1 Orange | Tuesday 18, 2024Polish Sausage w/ parsley potatoes and peppers and onions(2oz Polish Kielbasa, 1/2c parsley potatoes, 1/2c peppers and onions6 LS WW Crackers1/2c Light nonfat Cherry Vanilla yogurt | Wednesday 19, 2024SENIOR CENTER CLOSED | Thursday 20, 2024Spanish Rice W/ Beef(3 oz Beef, 1/2c LS Spanish Rice)1/2c Carrots 1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing1c Chopped Cantaloupe4 LS WW Crackers  | Friday 21, 20241c Clam Chowder (w/ 3 oz. Clams, 1/4c potatoes, 1/4c Broth)3/4c Tossed Salad W/ 1T Light Ranch Dressing1/2c Beets1/2c Asparagus 6 LS WW Crackers1/2c Spiced Apricots |
|  Monday 24, 20243 oz. Chicken Breast1/2c Scalloped Potatoes1/2c Roasted Brussel Sprouts1 WW Roll w/ 1 tsp. Margarine1c Pineapple | Tuesday 25, 20241/2c Spaghetti W/ 3 oz. Turkey Meatballs1c Italian Blend Vegetables1.5c tossed salad w/ 2 TBSP Light Italian Dressing1 Garlic bread1/2c Fruit Cocktail  | Wednesday 26, 20248oz Pork Posole (3 oz. Pork, 1/2c Hominy, 1/4c Red Chile)1 6in Wheat Flour Tortilla1c Zucchini and yellow Squash1c Grapes | Thursday 27, 20243 oz. Chicken Alfredo W1/2c Penne(3oz Diced Chicken, 2oz Light Alfredo Sauce,1/2c Penne Pasta)3/4c Broccoli spears w/ 1tsp unsalted butter1.5c Tossed Salad W/2T light ranch Dressing1 wheat roll 1c Strawberries & Banana | Friday 28, 20243 oz Roast Beefw/ 1 oz LS Gravy1 Baked Potato w/ 1 tsp margarine1/2c NAS French Style Green Beans w/ ½ Red bell pepper strips1 WW Roll w/ 1 tsp unsalted butter ½ c Warm apple slices  |
|  |   |  | LUNCH IS SERVED FROM 11 AM TO 1 PM | 8 oz. 1% Milk ServedWith All MealsOccasionally We MustSubstitute Food ItemsWe Are Sorry For TheInconvenience |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 | 725.7 | 703.0 | 726.1 | 732.8 |  |
| % Carbohydrates from Calories | 45-55% | 51.9 | 54.3 | 49.5 | 50.9 |  |
| % Protein from Calories | 15-25% | 20.5 | 19.3 | 18.2 | 21.9 |  |
| % Fat from Calories | 25-35% | 27.6 | 26.4 | 32.3 | 27.2 |  |
| Saturated Fat | less than 8g | 7.2 | 7.7 | 7.9 | 7.9 |  |
| Fiber | 10g or more | 10.1 | 10.8 | 10.9 | 10.1 |  |
| Vitamin B-12 | .8ug or more | 2.2 | 1.9 | 3.4 | 2.0 |  |
| Vitamin A | 300ug RAE or more | 594.9 | 398.6 | 704.6 | 448.4 |  |
| Vitamin C | 30mg or more | 37.9 | 58.8 | 64.3 | 70.3 |  |
| Iron | 2.6mg or more | 4.4 | 4.3 | 5.2 | 4.5 |  |
| Calcium | 400mg or more | 501.5 | 536.4 | 518.3 | 471.1 |  |
| Sodium | less than 766mg | 766.8 | 758.8 | 756.3 | 684.9 |  |

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 17, 2024