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| --- | --- | --- | --- | --- |
| Monday 3, 2024  Tuna Salad Sandwich  (4oz Tuna Salad,  2 sl. Wheat Bread)  1/2c Lettuce & 2 slices Tomatoes  1c California blend Vegetables w/ 1 tsp unsalted butter  1oz Baked Chips  3/4c Canned plums | Tuesday 4, 2024  Pigs 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 Peaches  1c Light Nonfat vanilla yogurt | Wednesday 5, 2024  6oz Hamburger Macaroni  (3 oz. Beef,  1/4c Macaroni)  1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing  1/2 c NAS Stewed Tomatoes &1oz green Chile  4 LS WW crackers  1/2c Apples in 1/4c Crisp | Thursday 6, 2024  Greek 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 Crackers  1 pear | Friday 7, 2024  3 oz. Baked Chicken Nuggets W/  2 TBSP BBQ Sauce  3/4c LS Brown Rice Pilaf  1c Carrots & Broccoli w/1 tsp unsalted butter  1c Apricots |
| Monday 10, 2024  Turkey & Cheese Sandwich  (2 oz. Turkey, 1 oz. Swiss Cheese,  2 sl. Wheat Bread)  1/2c Lettuce & 2 slices Tomatoes  1/2c Cucumber, onion and tomato Salad  1c Pasta Salad  (1/2c Pasta, 1/2c Vegetables)  1 Banana | Tuesday 11, 2024  Tamales  (2oz. Pork, 2oz Red Chile,  3 oz. Masa)  1/2c LS Spanish Rice  1c Vegetable Medley w/ 1 tsp unsalted butter  1c Light nonfat vanilla yogurt  1/2c Peaches | Wednesday 12, 2024  1c 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 Dressing  1/2c SF Gelatin w/ 1/2c Fruit Cocktail | Thursday 13, 2024  4oz. Sweet & Sour Chicken (3oz diced chicken,1oz Sauce)  1/2c Cooked Chow Mein noodles  1c Winter Blend w/ 1tsp unsalted butter  1/2c Mandarin Oranges  & 1/2c Pineapple | Friday 14, 2024  4 oz BBQ Ribs  (3oz Boneless Ribs, 1 TBSP BBQ sauce)  1/2c LS Potato salad  1/2c okra with tomato and onions  1 Slice LF cornbread w/ 1 tsp margarine  1c Strawberries |
| Monday 17, 2024  Beef Stroganoff  (3 oz. Beef, 3oz Sauce, 3/4c Noodles)  3/4c Green beans w/ 1/4c mushrooms  1 WW Roll w/ 1 tsp margarine  1 Orange | Tuesday 18, 2024  Polish Sausage w/ parsley potatoes and peppers and onions  (2oz Polish Kielbasa, 1/2c parsley potatoes, 1/2c peppers and onions  6 LS WW Crackers  1/2c Light nonfat Cherry Vanilla yogurt | Wednesday 19, 2024  SENIOR CENTER  CLOSED | Thursday 20, 2024  Spanish Rice W/ Beef  (3 oz Beef,  1/2c LS Spanish Rice)  1/2c Carrots  1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing  1c Chopped Cantaloupe  4 LS WW Crackers | Friday 21, 2024  1c Clam Chowder  (w/ 3 oz. Clams, 1/4c potatoes, 1/4c Broth)  3/4c Tossed Salad W/ 1T Light Ranch Dressing  1/2c Beets  1/2c Asparagus  6 LS WW Crackers  1/2c Spiced Apricots |
| Monday 24, 2024  3 oz. Chicken Breast  1/2c Scalloped Potatoes  1/2c Roasted Brussel Sprouts  1 WW Roll w/ 1 tsp. Margarine  1c Pineapple | Tuesday 25, 2024  1/2c Spaghetti W/ 3 oz. Turkey Meatballs  1c Italian Blend Vegetables  1.5c tossed salad w/ 2 TBSP Light Italian Dressing  1 Garlic bread  1/2c Fruit Cocktail | Wednesday 26, 2024  8oz Pork Posole  (3 oz. Pork, 1/2c Hominy,  1/4c Red Chile)  1 6in Wheat Flour Tortilla  1c Zucchini and yellow Squash  1c Grapes | Thursday 27, 2024  3 oz. Chicken Alfredo W  1/2c Penne  (3oz Diced Chicken, 2oz Light Alfredo Sauce,1/2c Penne Pasta)  3/4c Broccoli spears w/ 1tsp unsalted butter  1.5c Tossed Salad W/  2T light ranch Dressing  1 wheat roll  1c Strawberries & Banana | Friday 28, 2024  3 oz Roast Beef  w/ 1 oz LS Gravy  1 Baked Potato w/ 1 tsp margarine  1/2c NAS French Style Green Beans w/ ½ Red bell pepper strips  1 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 Served  With All Meals  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:**  **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