|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  | Thursday 1, 2024  Chicken Adobo  (3oz Chicken, 2oz RC Sauce)  1 6 in Flour Tortilla  1/2c Broccoli  1/2c Spinach  1c Fruit salad  1/2c Brown Rice w/ 1 tsp margarine | **FRIDAY 2, 2024**  GREEN CHILE CHICKEN  ENCHILADAS  1c (3oz chicken, 2 corn tortilla, 1oz cheese, 2oz GC sauce)  1c Vegetable Medley w/ 1 tsp margarine  1/2c pinto beans  Churro |
| **MONDAY 5, 2024**  THAI BASIL BEEF  (3oz cubed beef, 1/4c basil, 1/4c onion, 2oz sauce)  1/2c green beans  1/2c white rice  1/2c stir fry veggies  1/2c mandarin oranges | **TUESDAY 6, 2024**  Chicken Fajitas  (1 6in Flour Tortilla, 3oz Chicken, 1/2c peppers and onions, 2 TBSP Salsa)  1c Capri Vegetables w/ 1 tsp unsalted butter  1/2c LS Spanish rice  1/2c mango | **WEDNESDAY 7, 2024**  CHOPPED BRISKET  SANDWICH  (3oz Lean, LS chopped braised brisket, 1 SL onion, 1 bun)  1c Coleslaw w/ 2 TBSP dressing  1/2c LS ranch style beans  1c chopped watermelon | **THURSDAY 8, 2024**  HAM AND BEANS  3/4c Ham and Beans  (1oz LS Ham, 1/2c LS Pinto Beans)  1/2c Peppers and onions  1/2c LF LS Broccoli Salad  1 slice LF Cornbread, 1 ttsp margarine  1/2c Berries w/ 1/2c SF Gelatin | **FRIDAY 9, 2024**  SPAGHETTI W/ MEAT SAUCE  (3oz ground beef, 3oz NAS Marinara Sauce, 1/2c Spaghetti)  Garlic knot  1c Italian blend vegetables  1.5c garden salad w/ 2 TBSP LF Italian dressing  banana |
| **MONDAY 12, 2024**  TOMATO SPINACH SHRIMP PASTA  (3oz shrimp, 1/2c spinach and tomatoes, 1oz sauce 1/2c penne pasta)  Garlic stick  1.5 Garden Salad w/ 2 TBSP Light Ranch Dressing  1 Kiwi | **TUESDAY 13, 2024**  SLOPPY JOES  (1 HB, 3oz ground beef, 1oz sauce,1/8c onion)  3/4c Carrots  1/3c scalloped potatoes  Fresh Pear | **WEDNESDAY 14, 2024**  CHICKEN TOSTADA  (1 tostada Shell, 2oz diced chicken, 1/4c LS refried Beans, 1/2c shredded lettuce,, 2 TBSP salsa)  1c Mexican Salad w/ 2 TBSP Dressing  ½ Brownie | **THURSDAY 15, 2024**  ROASTED PORK  (3 oz LS Herbed pork  WW roll  1/2c LS mashed potatoes  1oz LS Gravy  Wheat roll  1/2c roasted Brussel sprots  1/2c spiced pears | **FRIDAY 16, 2024**  ORANGE GLAZED SALMON  (3oz salmon, 1 TBSP glaze)  1 TBSP Tartar Sauce  1/2c Brown Rice Pilaf  1.5c Garden salad w/ 2 TBSP Lite Raspberry Vinaigrette  1/2c Roasted asparagus  1c Grapes |
| **MONDAY 19, 2024**  COCONUT SHRIMP  (3oz shrimp, 2oz breading, 2 TBSP orange marmalade)  1.5c apple walnut salad w/ 2 TBSP Dressing  (1c arugula and endive,1/2c apples, walnuts/dries cranberries,.5oz gorgonzola cheese)  1/2c sweet potato fries  1/2c SF gelatin | **TUESDAY 20, 2024**  SMOTHERED PORK CHOP  (3oz pork chop, 1/2c mushrooms, 2oz sauce)  WW roll  1/2c spinach  1/2c LS Herb roasted red potatoes  Fresh Peach | **WEDNESDAY 21, 2024**  HAMBURGER MAC  1c (3oz ground beef, 1/4c diced tomato, 1/2c elbow mac,.5oz)  1/2c Rasted Cauliflower  1/2c peas and carrots  1/2c spiced apples | **THURSDAY 22, 2024**  SAUSAGE & CABBAGE  (2oz sausage, 1/2c cabbage)  WW Roll  1.5c salad w/ 2 TBSP Light Italian Dressing  1/2c diced potatoes  1/2c Light nonfat vanilla yogurt w/ 1/2c berries | **FRIDAY 23, 2024**  2/3c CHICKEN BROCCOLI &  RICE BAKE  (3oz chicken, 1/2c rice, 1/2c broccoli, 2oz sauce, 1oz cheese)  WW Roll  1c Capri Veggies  1/2c mixed fruit |
| **MONDAY 26,2024**  SPICY PEANUT CHICKEN  & SOBA NOODLES  (3oz chicken, 2oz sauce, 1/2c snow peas and broccoli, 1TSP sesame seeds, 3/4c soba noodles)  1/2c Emperor Veggie  vegetable  1 spring roll  Banana | **TUESDAY 27, 2024**  BEAN AND CHEESE BURRITO  (3/4c Beans, .5oz Cheese)  1oz GC, 1 8-in WW Tortilla) 3oz GC sauce  1c Vegetable Medley w/ 1 tsp margarine  1/2c LS Spanish Rice  Orange | **WEDNESDAY 28, 2024**  OPEN FACED TURKEY SANDWICH  (3oz Turkey, 1 slice wheat bread, 1oz LS Gravy  1/2c LS Mashed Potatoes, w/ 1oz LS Gravy)  1c yellow squash and NAS Diced tomatoes  1c strawberries and mango | **THURSDAY 29, 2024**  RED CHILE PORK POSOLE  1c Posole  (3oz diced pork meat, 1/2c hominy, 2oz RC broth)  3/4c Tossed Salad w/ 1 TBSP light Italian Dressing  1/2c LS 3 bean salad  1 6in flour tortilla  1c fruit salad | **FRIDAY 30, 2024**  PHILLY CHEESESTEAK  (1 hot dog roll, 2oz sliced beef, 1oz provolone, 1/2c peppers and onion)  1/2c potato wedges  1/2c tomato cucumber salad  1c Chopped cantaloupe  1/3c Sherbet |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **2** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** |
| Calories | 700 or more | 727.8 | 718.9 | 805.1 | 700.4 | 703.6 |
| % Carbohydrates from Calories | 45-55% | 53.1 | 48.5 | 46.8 | 47.1 | 53.3 |
| % Protein from Calories | 15-25% | 19.9 | 22.7 | 19.2 | 19.5 | 20.8 |
| % Fat from Calories | 25-35% | 27.0 | 28.8 | 35.0 | 33.4 | 25.8 |
| Saturated Fat | less than 8g | 7.7 | 6.7 | 8.0 | 8.0 | 8.0 |
| Fiber | 10g or more | 11.7 | 11.2 | 11.8 | 10.4 | 12.3 |
| Vitamin B-12 | .8ug or more | 1.1 | 2.5 | 2.4 | 1.9 | 1.3 |
| Vitamin A | 300ug RAE or more | 732.0 | 378.5 | 701.5 | 560.7 | 328.0 |
| Vitamin C | 30mg or more | 85.4 | 60.5 | 59.1 | 44.1 | 79.1 |
| Iron | 2.6mg or more | 7.3 | 5.0 | 5.9 | 4.8 | 79.1 |
| Calcium | 400mg or more | 566.4 | 470.2 | 492.2 | 523.1 | 514.1 |
| Sodium | less than 766mg | 747.7 | 700.9 | 711.3 | 719.9 | 758.6 |

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 July 2, 2024