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| Lunch Is Served 11 To 1 8 oz-1% Milk Served With MealsOccasionally We MustSubstitute Food ItemsWe Are Sorry For TheInconvenience |  | Wednesday 1, 2024Chicken Caesar Salad(3 oz. LS Chicken Breast, 1 TBSP Parm. Cheese, 1.5c Romaine Lettuce & 10 cherry Tomato, 2 TBSP Light Caesar Dressing)6 LS WW Crackers1/2c BeetsBanana | Thursday 2, 20242oz Turkey Bratwurst w/1 Hot Dog Bun1/2c Roasted Red Potato1/2c Baby Carrots w/ 1 tsp unsalted butter 3/4c Fruit Compote (strawberries/peaches)w/ 1/2c Light nonfat vanilla yogurt  | Friday 3, 20241c Red Chile Beef Enchiladas(2 oz. Beef, 1 oz. Cheese, 1/4c Red Chili, 2 Corn Tortillas)1/2c Lettuce & Tomato1/2c Roasted Tomatoes1/2c LS Spanish Rice1/2c LS Pinto Beans1c Strawberries and 2 TBSP whipped topping  |
| Monday 6, 20241/2c Spaghetti w/5oz Meat Sauce (3oz beef, 2oz NAS marinara Sauce)1c. Zucchini & Squash w/ 1 tsp margarine 1 sl Garlic Bread1/2c peaches in 1/4c Crisp  | Tuesday 7, 20241c Pork Chow Mein(3oz. Pork, 1oz. Sauce, 1/2c Chow Mein Noodles)1c Prince Edward Vegetables 1 Fortune Cookie Fresh Pear | Wednesday 8, 20248oz Chicken Tetrazzini(3 oz. Chicken, 1 oz. Sauce, 1/2c Pasta)1/2c Tossed Salad w/1T Light Italian Dressing1c California Blend vegetables1 WW Roll w/ 1 tsp. Margarine1/2c LF Chocolate Fudge Pudding | Thursday 9, 2024Ham n Cheese Sandwich(2 oz. Low Sodium, 1 oz. Swiss Cheese, 1/2c Lettuce, 2 slices Tomato, 2 sl. Wheat Bread)1oz Multigrain Chips3/4c LS 3 Bean Salad6oz NAS Vegetable Soup 1c Tropical Fruit Salad | Friday 10, 20243oz. LS Beef Tips w/1/2c Brown Rice & 1/2c Mushrooms, 2oz LS Gravy1c Italian vegetables 1 WW Roll w/ 1 tsp. Margarine1c Fruit Salad |
| Monday 13, 20244 oz. BBQ Chicken (3oz Chicken w/ 1 TBSP Barbecue Sauce) 1/2c Scalloped Potatoes1/2c Country Blend w/ 1 tsp margarine1 WW Roll 1c Watermelon  | Tuesday 14, 2024Pepperoni Pizza(7 slices Pepperoni, 1oz Part skim mozz. Cheese, 1oz Sauce, 1oz Crust)1/2c NAS Stewed Tomatoes 1/2c Roasted Cauliflower 3/4c Mixed Fruit1c Light Vanilla Yogurt  | Wednesday 15, 20244 oz. Meat Loaf1/2c LS Mashed Potato w/2 oz. low Sodium Gravy1c Capri Vegetables 1WW Roll w/ 1 tsp unsalted butter 3/4c Plums | Thursday 16, 20241c Chili Beans(2oz. Beef, 1/2c LS Beans, 2oz. Red Chile sauce)1c Tossed Salad w/ 2 TBSP Light French Dressing1 sl. LS LF Cornbread 1/2c Apricots | Friday 17, 20243 oz. Chicken Fried steakw/ 1oz LS Country Gravy1/2c diced potatoes w/ 1/4c onions1/2c asparagus 1 wheat roll 1/2c Pineapple |
| Monday 20, 2024Chicken Greek Salad(3 oz. Diced Chicken, .5oz. feta Cheese,1.5 Romaine shredded lettuce1/4c Cucumbers5 Cherry tomatoes8 baby carrots1/4c shredded cabbage1/4c red onion1/4c bell pepper2T Greek Vinaigrette)6 LS WW Crackers1c Berries w/ 1/2c Light Vanilla nonfat Yogurt  | Tuesday 21, 2024Open Hot Roast Beef Sandwich(3 oz. Beef, 1 sl. Wheat Bread)1/2c LS Tomato & Onion Salad1/2c Parsley Potatoes1oz Au Jus 1/2c warm apple slices  | Wednesday 22, 20248 oz. Sweet n Sour Pork(3oz Pork, 1/2c Peppers/onion/spring onions, sesame seeds, 1oz Sauce, 1/2c Pineapple tidbits)1/2c Steam brown Rice1c Stir Fry Vegetables 1 Fortune Cookie3/4c Mandarin Oranges  | Thursday 23, 2024Pastrami Sandwich(2 oz. FF Pastrami, 1 oz. Swiss Cheese. 2 sl. Reduced calorie Rye Bread, 1/2c Lettuce & 2 slices Tomato)1c Coleslaw w/ 2 TBSP Dressing1/2c Broccoli w/ 1/2c red bell pepper 1/2c Sherbet | Friday 24, 20245 oz. Carne Adovada(3oz pork, 2oz RC sauce)1/2c LS Pinto Beans1/2c calabacitas 1/2c Carrot Raisin Salad 1 6in Flour Tortilla1c Diced Mango |
| Monday 27, 2024Senior Center ClosedMemorial Day | Tuesday 28, 2024Beef Fajitas(3oz. Beef, 1/2c Pepper & Onions, 1 6 in Tortilla, .5oz Cheese, 2 TBSP salsa)1/2c LS Pinto Beans1/2c. SF Gelatin w/ 2 TBSP Whipped topping Orange  | Wednesday 29, 20241 Manicotti w/(1 oz. Ricotta Cheese, 1 oz. NAS Marinara Sauce, 1 Manicotti Pasta shells)1.5c Tossed Salad w/2T Light Italian Dressing 1/2c Spinach w/ garlic, and 1/2c white beans, 1 tsp margarine4 LS WW crackers 1/2c Peaches  | Thursday 30, 2024Open Hot Turkey Sandwich(3 oz. Turkey, 1 sl. Wheat Bread, 1 oz LS Gravy)1/2c LS Mashed Potatoes 1c Chateau Blend Vegetables1 Apple | Friday 31, 20243 oz. Beef Patty w/2oz LS Gravy w/ 1/4c mushrooms3/4c Egg Noodles w/ 1 tsp margarine1c Mediterranean blend Cornbread w/ 1 TBSP Honey1/2c Fruit Cocktail |

***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:****4** |
| Calories | 700 or more | 747.8 | 838.9 | 717.3 | 700.2 | 714.2 |
| % Carbohydrates from Calories | 45-55% | 53.4 | 53.2 | 52.6 | 50.5 | 52.7 |
| % Protein from Calories | 15-25% | 20.7 | 19.5 | 21.1 | 23.2 | 21.9 |
| % Fat from Calories | 25-35% | 25.9 | 27.4 | 26.3 | 26.3 | 25.5 |
| Saturated Fat | less than 8g | 7.6 | 7.6 | 7.4 | 6.5 | 7.4 |
| Fiber | 10g or more | 12.9 | 11.5 | 10.1 | 11.9 | 12.3 |
| Vitamin B-12 | .8ug or more | 1.8 | 2.5 | 2.4 | 2.3 | 2.5 |
| Vitamin A | 300ug RAE or more | 642.8 | 356.1 | 447.4 | 530.3 | 477.5 |
| Vitamin C | 30mg or more | 66.6 | 30.1 | 39.9 | 88.1 | 53.4 |
| Iron | 2.6mg or more | 5.1 | 5.7 | 4.8 | 4.5 | 6.0 |
| Calcium | 400mg or more | 558.8 | 482.2 | 560.9 | 519.0 | 559.9 |
| Sodium | less than 766mg | 761.0 | 687.3 | 759.8 | 752.9 | 765.2 |

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 April 23, 2024