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| Lunch Is Served 11 To 1    8 oz-1% Milk Served With Meals  Occasionally We Must  Substitute Food Items  We Are Sorry For The  Inconvenience |  | Wednesday 1, 2024  Chicken 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 Crackers  1/2c Beets  Banana | Thursday 2, 2024  2oz Turkey Bratwurst w/1 Hot Dog Bun  1/2c Roasted Red Potato  1/2c Baby Carrots w/ 1 tsp unsalted butter  3/4c Fruit Compote (strawberries/peaches)  w/ 1/2c Light nonfat vanilla yogurt | Friday 3, 2024  1c Red Chile Beef Enchiladas  (2 oz. Beef, 1 oz. Cheese, 1/4c Red Chili, 2 Corn Tortillas)  1/2c Lettuce & Tomato  1/2c Roasted Tomatoes  1/2c LS Spanish Rice  1/2c LS Pinto Beans  1c Strawberries and 2 TBSP whipped topping |
| Monday 6, 2024  1/2c Spaghetti w/5oz Meat Sauce (3oz beef, 2oz NAS marinara Sauce)  1c. Zucchini & Squash w/ 1 tsp margarine  1 sl Garlic Bread  1/2c peaches in 1/4c Crisp | Tuesday 7, 2024  1c Pork Chow Mein  (3oz. Pork, 1oz. Sauce, 1/2c Chow Mein Noodles)  1c Prince Edward Vegetables  1 Fortune Cookie  Fresh Pear | Wednesday 8, 2024  8oz Chicken Tetrazzini  (3 oz. Chicken, 1 oz. Sauce,  1/2c Pasta)  1/2c Tossed Salad w/  1T Light Italian Dressing  1c California Blend vegetables  1 WW Roll w/ 1 tsp. Margarine  1/2c LF Chocolate Fudge Pudding | Thursday 9, 2024  Ham n Cheese Sandwich  (2 oz. Low Sodium, 1 oz. Swiss Cheese, 1/2c Lettuce, 2 slices Tomato, 2 sl. Wheat Bread)  1oz Multigrain Chips  3/4c LS 3 Bean Salad  6oz NAS Vegetable Soup  1c Tropical Fruit Salad | Friday 10, 2024  3oz. LS Beef Tips w/  1/2c Brown Rice & 1/2c Mushrooms, 2oz LS Gravy  1c Italian vegetables  1 WW Roll w/ 1 tsp. Margarine  1c Fruit Salad |
| Monday 13, 2024  4 oz. BBQ Chicken  (3oz Chicken w/ 1 TBSP Barbecue Sauce)  1/2c Scalloped Potatoes  1/2c Country Blend w/ 1 tsp margarine  1 WW Roll  1c Watermelon | Tuesday 14, 2024  Pepperoni 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 Fruit  1c Light Vanilla Yogurt | Wednesday 15, 2024  4 oz. Meat Loaf  1/2c LS Mashed Potato w/  2 oz. low Sodium Gravy  1c Capri Vegetables  1WW Roll w/ 1 tsp unsalted butter  3/4c Plums | Thursday 16, 2024  1c Chili Beans  (2oz. Beef, 1/2c LS Beans, 2oz. Red Chile sauce)  1c Tossed Salad w/ 2 TBSP Light French Dressing  1 sl. LS LF Cornbread  1/2c Apricots | Friday 17, 2024  3 oz. Chicken Fried steak  w/ 1oz LS Country Gravy  1/2c diced potatoes w/ 1/4c onions  1/2c asparagus  1 wheat roll  1/2c Pineapple |
| Monday 20, 2024  Chicken Greek Salad  (3 oz. Diced Chicken, .5oz. feta Cheese,  1.5 Romaine shredded lettuce  1/4c Cucumbers  5 Cherry tomatoes  8 baby carrots  1/4c shredded cabbage  1/4c red onion  1/4c bell pepper  2T Greek Vinaigrette)  6 LS WW Crackers  1c Berries w/ 1/2c Light Vanilla nonfat Yogurt | Tuesday 21, 2024  Open Hot Roast Beef Sandwich  (3 oz. Beef, 1 sl. Wheat Bread)  1/2c LS Tomato & Onion Salad  1/2c Parsley Potatoes  1oz Au Jus  1/2c warm apple slices | Wednesday 22, 2024  8 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 Rice  1c Stir Fry Vegetables  1 Fortune Cookie  3/4c Mandarin Oranges | Thursday 23, 2024  Pastrami 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 Dressing  1/2c Broccoli w/ 1/2c red bell pepper  1/2c Sherbet | Friday 24, 2024  5 oz. Carne Adovada  (3oz pork, 2oz RC sauce)  1/2c LS Pinto Beans  1/2c calabacitas  1/2c Carrot Raisin Salad  1 6in Flour Tortilla  1c Diced Mango |
| Monday 27, 2024  Senior Center Closed  Memorial Day | Tuesday 28, 2024  Beef Fajitas  (3oz. Beef, 1/2c Pepper & Onions, 1 6 in Tortilla, .5oz Cheese, 2 TBSP salsa)  1/2c LS Pinto Beans  1/2c. SF Gelatin w/ 2 TBSP Whipped topping  Orange | Wednesday 29, 2024  1 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 margarine  4 LS WW crackers  1/2c Peaches | Thursday 30, 2024  Open Hot Turkey Sandwich  (3 oz. Turkey, 1 sl. Wheat Bread, 1 oz LS Gravy)  1/2c LS Mashed Potatoes  1c Chateau Blend Vegetables  1 Apple | Friday 31, 2024  3 oz. Beef Patty w/  2oz LS Gravy w/ 1/4c mushrooms  3/4c Egg Noodles w/ 1 tsp margarine  1c Mediterranean blend  Cornbread w/ 1 TBSP Honey  1/2c 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