|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| June 3  3 oz Chicken Tikka Masala  (3oz Chicken, 1/2c Sauce)  1/2c White Rice  1/2c Chickpeas  1/2c Cooked Spinach  1/2c Warm Apple slices | June 4  Frito Pie  (1oz corn chips, 3oz ground beef, 2oz red chili)  1/2c Pinto Beans  1c Vegetable Medley  1/2c Fruit Cocktail | June 5  3 oz Baked Catfish  2 TBSP Tartar Sauce  1/2c NAS Baked French Fries  1c Coleslaw w/ 2 TBSP dressing  1 WW Roll  Peanut Butter Cookie | June 6  1c Sweet and Sour Pork  (3oz Pork, 3/4c onions, red &green bell peppers, green onions, sesame seeds, sauce)  1/2c Brown Rice  1c Stir Fry Vegetables  1/2c Snow Peas  1 Vegetable Eggroll  Fortune Cookie  1/2c Pineapples | June 7  BBQ Beef Brisket  (3oz Lean Brisket, 1 TBSP BBQ Sauce)  1/2c Carrot and Raisin Salad  3/4c Green Beans  WW Roll  1c chopped Watermelon |
| June 10  Spinach Quiche  (1oz Crust, 1oz Cheese,1 egg, 1/2c spinach, onions, mushrooms)  1c Broccoli Normandy  1/2c Light Nonfat vanilla yogurt w  1/2c sliced strawberries, 1/4c LF Granola | June 11  CLOSED    Kitchen Cleaning | June 12  Beef Soft Tacos  (1 6in flour tortilla, 3oz beef, 1/2c Lettuce and tomato, 2 TBSP salsa)  1/2c LS Refried Beans  1c yellow squash w/ NAS diced tomatoes  3/4c mixed fruit | June 13  3 oz Marinated Chicken Breast  1/2c LS Brown Rice Pilaf  1/2c Brussels Sprouts  1.5c Tossed Salad w/  2 TBSP Light Italian Dressing  3/4c Diced Peaches | June 14  Green Chile Cheeseburger  (3 oz beef, 1 oz green Chile,.5oz cheese, 1 bun, 1/2c lettuce, 2 slices red tomato, 1 slice onion)  1/2c LS Three Bean Salad  1/2c LS cucumber and tomato  1 Fresh Pear |
| June 17  3oz LS Herbed Cod  w/ 2 TBSP Tartar Sauce)  1c Coleslaw w/ 2 TBSP dressing  1/2c Mixed Vegetables  WW Roll  1/2c Mandarin Oranges | June 18  **Brazil Day**  1c Feijoada (black bean stew w/ham)  (1/2c Black beans, 1oz Reduced sodium bacon/ LS Ham, 1oz Broth)  1/2c brown Rice  1.5c Tossed Salad w/  2 TBSP Light Ranch Dressing  1/2c Fried Plantains | June 19  Juneteeth  CLOSED | June 20  1c Chicken Divan  (3oz Chicken, 1/2c Broccoli)  1/2c Roasted Cauliflower  WW Roll  1/2c apricots | June 21  3oz Chicken Fried Steak  1/3c LS mashed potatoes  w/ 1oz LS Country Gravy  1c Vegetable medley w/ 1 tsp unsalted butter  1 slice LF Cornbread w/ 1 tsp unsalted butter  1/2c Unsweetened Applesauce |
| June 24  1c Spinach Lasagna  (1/2c Pasta, 1/4c Spinach, 2oz Cheese, 1oz sauce)  1c Italian Vegetables  WW Roll  1/2c Light Vanilla Nonfat Yogurt  Banana | June 25  Salisbury Steak  (3oz LS Salisbury Steak  1 Baked Potato w 2 oz LS Gravy  1c Chateau Blend Vegetables  WW Roll  Orange | June 26  1 1/4c Tuna Noodle Casserole  (3oz tuna, 1/2c peas and carrots, 1/2c pasta)  1/2c Roasted Asparagus  1/2c Spiced Peaches | June 27  1c Green Chile Pork Posole  (3oz Pork, 1oz Green Chile,  1/2c Hominy)  1 6in flour Tortilla  1.5c Tossed Salad w/  2 TBSP Light Italian Dressing  1c Tropical fruit salad | June 28  Chef Salad  (1.5c Romaine Lettuce, 1/4c Tomatoes, 1 HB Egg, 1/4c Onion, 2oz diced Chicken, 1/4c Cucumber, w/ 2 TBSP Light Ranch Dressing  6 LS WW Crackers  1c Fruit Salad |
|  |  |  |  | **NOTE:**  **1% milk served with meals** |

***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:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **n/a** |
| Calories | 700 or more | 807.3 | 731.8 | 715.4 | 710.4 |  |
| % Carbohydrates from Calories | 45-55% | 49.9 | 47.7 | 46.2 | 52.0 |  |
| % Protein from Calories | 15-25% | 21.2 | 21.1 | 21.7 | 21.6 |  |
| % Fat from Calories | 25-35% | 28.9 | 31.1 | 32.1 | 26.4 |  |
| Saturated Fat | less than 8g | 7.1 | 8.0 | 7.6 | 7.5 |  |
| Fiber | 10g or more | 11.9 | 10.0 | 11.1 | 10.1 |  |
| Vitamin B-12 | .8ug or more | 2.6 | 3.4 | 1.9 | 2.2 |  |
| Vitamin A | 300ug RAE or more | 410.2 | 469.8 | 472.1 | 512.1 |  |
| Vitamin C | 30mg or more | 42.2 | 57.1 | 81.7 | 50.6 |  |
| Iron | 2.6mg or more | 8.1 | 5.2 | 4.2 | 4.9 |  |
| Calcium | 400mg or more | 510.6 | 591.7 | 476.5 | 591.2 |  |
| Sodium | less than 766mg | 750.6 | 720.8 | 762.6 | 761.4 |  |

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 3,2024