|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| June 33 oz Chicken Tikka Masala(3oz Chicken, 1/2c Sauce)1/2c White Rice 1/2c Chickpeas1/2c Cooked Spinach1/2c Warm Apple slices  | June 4 Frito Pie(1oz corn chips, 3oz ground beef, 2oz red chili)1/2c Pinto Beans1c Vegetable Medley1/2c Fruit Cocktail | June 5 3 oz Baked Catfish2 TBSP Tartar Sauce1/2c NAS Baked French Fries1c Coleslaw w/ 2 TBSP dressing 1 WW RollPeanut 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 Rice1c Stir Fry Vegetables1/2c Snow Peas1 Vegetable EggrollFortune Cookie1/2c Pineapples  | June 7BBQ Beef Brisket(3oz Lean Brisket, 1 TBSP BBQ Sauce)1/2c Carrot and Raisin Salad3/4c Green BeansWW Roll 1c chopped Watermelon  |
| June 10 Spinach Quiche(1oz Crust, 1oz Cheese,1 egg, 1/2c spinach, onions, mushrooms)1c Broccoli Normandy1/2c Light Nonfat vanilla yogurt w 1/2c sliced strawberries, 1/4c LF Granola  | June 11 CLOSED Kitchen Cleaning | June 12Beef Soft Tacos(1 6in flour tortilla, 3oz beef, 1/2c Lettuce and tomato, 2 TBSP salsa)1/2c LS Refried Beans1c yellow squash w/ NAS diced tomatoes 3/4c mixed fruit  | June 133 oz Marinated Chicken Breast1/2c LS Brown Rice Pilaf1/2c Brussels Sprouts1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing3/4c Diced Peaches | June 14Green 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 Salad1/2c LS cucumber and tomato1 Fresh Pear  |
| June 17 3oz LS Herbed Cod w/ 2 TBSP Tartar Sauce)1c Coleslaw w/ 2 TBSP dressing 1/2c Mixed VegetablesWW Roll1/2c 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 Rice1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing1/2c Fried Plantains | June 19 JuneteethCLOSED | June 201c Chicken Divan(3oz Chicken, 1/2c Broccoli)1/2c Roasted CauliflowerWW Roll1/2c apricots  | June 21 3oz Chicken Fried Steak1/3c 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 241c Spinach Lasagna(1/2c Pasta, 1/4c Spinach, 2oz Cheese, 1oz sauce)1c Italian VegetablesWW Roll1/2c Light Vanilla Nonfat Yogurt Banana | June 25Salisbury Steak(3oz LS Salisbury Steak1 Baked Potato w 2 oz LS Gravy1c Chateau Blend VegetablesWW RollOrange  | June 261 1/4c Tuna Noodle Casserole(3oz tuna, 1/2c peas and carrots, 1/2c pasta)1/2c Roasted Asparagus 1/2c Spiced Peaches | June 271c Green Chile Pork Posole (3oz Pork, 1oz Green Chile,1/2c Hominy)1 6in flour Tortilla1.5c Tossed Salad w/2 TBSP Light Italian Dressing1c Tropical fruit salad  | June 28Chef 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 Dressing6 LS WW Crackers1c 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