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| **MONDAY, JUNE 3**  1/2c Tuna Fish salad on  1 romaine lettuce leaf  1/2c sliced tomatoes 1/2c fresh baby carrots 6 LS WW crackers 3/4c Apricots | **TUESDAY, JUNE 4**  Beef Taco  (3oz ground beef, 1 6in flour tortilla, 1/2c lettuce and tomato, 2 TBSP Pico de Gallo)  1/2c LS pinto beans  1c yellow squash w/ NAS diced tomatoes w/ 1 tsp margarine  1c Tropical Fruit salad | **WEDNESDAY, JUNE 5**  BBQ CHICKEN  (3oz chicken, 1 TBSP BBQ sauce)  1/2c beets 1/2c spinach  WW roll  w/ 1 tsp unsalted margarine  3/4c crushed pineapple | **THURSDAY, JUNE 6**  1c Tater Tot Casserole  (1/2c mixed vegetables,  1/4c Tater tots, 3oz Ground  Beef, 1oz Sauce)  1c Roasted Broccoli & Cauliflower w/ 1 tsp margarine  Wheat roll  1/2c Light nonfat vanilla yogurt w/ 1/2c blueberries | **FRIDAY, JUNE 7**  Green Chili Chicken Enchiladas  (2 corn tortillas, 1oz cheese, 3oz chicken,  1oz GC sauce, 1/2c Lettuce and tomato)  1/2c LS Spanish Rice  1c Chateau Blend Vegetables w/ 1 tsp margarine  1/2c spiced peaches |
| **MONDAY, JUNE 10**  Green Chili, Beef, potato, & Cheese Burrito  (1 8-in ww Flour Tortilla, 2.5oz beef, 1/4c GC sauce, 1/2c Diced Potatoes, .5oz Cheese)  3/4c cilantro & lime Brown Rice  1c Capri Vegetables  1/2c Warm Apple Slices | **TUESDAY, JUNE 11**  Chicken Fajitas  (3oz chicken, 1 8in flour tortilla, 1/2c peppers and onions, 2 TBSP salsa)  1/2c Corn  3/4c Brussel Sprouts  3/4c Mango & Mint | **WEDNESDAY, JUNE 12**  3 oz Roast Beef w/  2oz LS gravy  1/3c LS mashed potatoes 3/4c green beans WW roll w/ 1 tsp margarine  3/4c Mandarin oranges | **THURSDAY, JUNE 13**  4oz LS Herbed Grilled Fish  2 TBSP Tartar Sauce  1c Wild and brown rice w/ 1/2c mushrooms & Onions  3/4c Italian Green Beans  WW Roll w/ 1 tsp margarine  1/2c mixed fruit  1/2c SF Gelatin | **FRIDAY, JUNE 14**  Chef Salad  (1c Romaine lettuce, 8 baby carrots, 1/4c cucumbers, 1/4c red cabbage, 6 cherry tomatoes, 1 HB Egg, 1oz Turkey, 1oz Diced Chicken) 2 TBSP Light Ranch Dressing  6 LS WW crackers  1c Fruit Salad |
| **MONDAY, JUNE 17**  Hamburger  ( 3oz patty, 1 bun, 1/2c lettuce, 2 slices tomato, 1 slice onion)  1/2c LS Herb Roasted Red Potatoes  1/2c LS Three Bean salad  1c whole strawberries | **TUESDAY, JUNE 18**  3oz Chicken Strips  1oz LS Country  1/2c Butter Beans 1/2c Carrot Coins WW roll  1/2c Fruit Cocktail | **WEDNESDAY, JUNE 19**  Red Chili Beef Enchiladas  (2 corn tortillas, 1oz cheese, 2oz beef,  1oz Red Sauce, 1/2c lettuce and tomato)  1/2c LS pinto beans  1/2c Broccoli spears  Orange | **THURSDAY, JUNE 20**  3oz Lemon Garlic Chicken  1/2c Penne Pasta w/ 1 tsp margarine  (3oz Chicken)  1c Vegetable medley  1.5C Garden Salad w/  2 tbsp Light Italian Dressing  Wheat roll  1c watermelon | **FRIDAY, JUNE 21**  3oz Chicken Fried Steak w/ 1 TBSP LS peppered gravy  1/2c Beets  1/2c LS Parsley Potatoes  1 slice LF Cornbread  Fresh Pear |
| **MONDAY, JUNE 24**  BLT  (2 slices WW bread, 2 slices reduced sodium Bacon, 1/2c Lettuce, 2 slices tomato, 1 HB Egg)  1c LS Tomato Soup  1/2c sweet potato  1c Fruit Salad  1c Light nonfat Vanilla yogurt | **TUESDAY, JUNE 25**  Steak w/Peppers  (3oz Beef, 1/2c onions, mushrooms, 1/2c red & Green peppers)  1/2c spinach 1/3c Scalloped Potatoes 1.5C Garden Salad w/ 2 TBSP Light Ranch Dressing  1c chopped Cantaloupe  Wheat roll | **WEDNESDAY, JUNE 26**  Chicken Salad Sandwich  (1/2c Chicken salad w/ 2 Slices WW bread, 1/2c lettuce, 2 slices tomato)  1/2c Cucumber and tomato salad  1/2c Asparagus  1c Grapes | **THURSDAY, JUNE 27**  3oz Meatloaf  1oz LS gravy  1/2c LS Brown Rice Pilaf  1c Malibu blend  3/4C Tossed Salad w/ 1 TBSP Light Ranch dressing WW roll w/ 1 tsp margarine 1c frozen Tropical Fruit | **FRIDAY, JUNE 28**  Carne Adovada  (3oz Pork, 2oz RC)  1c Capri vegetables  1/2c LS Pinto beans  1 6 in Flour Tortilla  Banana |

***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:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **n/a** |
| Calories | 700 or more | 748.2 | 717.4 | 728.4 | 765.6 |  |
| % Carbohydrates from Calories | 45-55% | 48.2 | 49.0 | 49.8 | 50.8 |  |
| % Protein from Calories | 15-25% | 20.8 | 21.9 | 22.4 | 22.6 |  |
| % Fat from Calories | 25-35% | 30.0 | 29.1 | 27.8 | 26.5 |  |
| Saturated Fat | less than 8g | 7.8 | 8.0 | 7.9 | 7.5 |  |
| Fiber | 10g or more | 12.8 | 10.1 | 13.2 | 11.7 |  |
| Vitamin B-12 | .8ug or more | 2.9 | 2.6 | 2.5 | 2.7 |  |
| Vitamin A | 300ug RAE or more | 592.5 | 414.9 | 495.8 | 640.5 |  |
| Vitamin C | 30mg or more | 63.0 | 60.3 | 62.3 | 69.1 |  |
| Iron | 2.6mg or more | 5.9 | 4.3 | 5.7 | 5.7 |  |
| Calcium | 400mg or more | 483.3 | 454.4 | 519.7 | 548.7 |  |
| Sodium | less than 766mg | 706.2 | 712.4 | 759.0 | 761.5 |  |

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 24, 2024