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| **MONDAY 3, 2024** Kielbasa(2oz Kielbasa, 1 WW bun)1/2c LS parsley Potatoes1/2c Peppers and onions)1/2c carrots w/ 1 tsp unsalted butter 1/2c peaches1/2c Light non fat vanilla yogurt   | **Tuesday 4, 2024**Bean Burrito Enchilada Style(1/2c Pinto beans, 1 oz cheese, 1 6in flour tortilla, 2 oz red chili Sauce )1/2c LS Spanish rice1/2c lettuce/tomato1c Chateau blend vegetables w/ 1 tsp unsalted butter Banana | **Wednesday 5, 2024**Chicken Stir Fry(3 oz chicken, 1oz Sauce, 1c stir fry vegetables)1/2c brown steamed rice1/2c Mandarin oranges  | **THURSDAY 6, 2024**Sloppy Joes(3oz Beef, 1oz Sauce, 1 bun, 1/2c peppers and onions)1/2c Sweet potato fries3/4c Roasted Brussel sprouts1/2c Spiced Pears  | **FRIDAY 7, 2024**3 oz Marinated Chicken Breast, 1oz sauce1/2c LS Brown Rice Pilaf1/2c Broccoli spears 1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing1/2c Fruit cocktail  |
| **MONDAY 10, 2024**Swiss Steak2oz LS Gravy w/ 1/2c Mushrooms1/2c LS Herb Roasted Potatoes1c Vegetable medley w/ 1 tsp unsalted butter 1 wheat roll w/1 tsp unsalted butter 1/2c applesauce | **TUESDAY 11, 2024**6oz Tuna and Shells (cold)(1/2c macaroni, 3oz Tuna, 1oz Mayonnaise)3/4c LS Tomato Soup 3/4c green beans w/ 1 tsp unsalted butter 6 WW LS Crackers1c Chopped cantaloupe  | **WEDNESDAY 12, 2024**4 oz BBQ shredded pork on bun (1oz BBQ sauce, 3oz Pork, hamburger bun)1/2c LS Creamed Spinach 1c Tri-Color Coleslaw w/ dressing (NR#17)1/2c Spiced Peaches  | **THURSDAY 13, 2024**Green Chile Meat Burrito(3 oz beef, 1 oz green chili, 1 WW 6 in tortilla)1/2c Calabacitas1/2c Creamy Cucumber Salad3/4c mixed fruit  | **FRIDAY 14, 2024**4 oz LS Baked Lemon Pepper Fish2 TBSP Tartar Sauce 3/4c Lemon herb orzo 1c Normandy Blend Wheat roll w/ 1 tsp unsalted butter 1c Tropical Fruit Salad  |
| **MONDAY 17, 2024**1 chili relleno(1 pepper, 1oz Cheese, 1oz crust)1/2c LS pinto beans1.5 c tossed salad w/ 2 TBSP Light ranch dressing 1 6in Flour tortilla1 medium orange  | **TUESDAY 18, 2024**Chef salad(1.5c Romaine lettuce, 1/4c tomatoes, 1/4c cucumber, 1/4c red cabbage, 1oz LS ham, 1 oz Diced Chicken)1 hardboiled egg2 TBSP Light Ranch dressing6 WW LS crackers1c Fruit salad  | **WEDNESDAY 19, 2024**3 oz Chicken Strips1/2c LS mashed potatoes/2oz LS gravy1c Broccoli and cauliflower w/ 1 tsp unsalted butter 1 Wheat roll w/ 1 tsp unsalted butter 1 banana | **THURSDAY 20, 2024**Cheeseburger(3 oz beef, .5oz cheese,  1 bun, 1/2c lettuce, 2 slices tomato, 1 slice onion)1/2c roasted zucchini 1/2c NAS Baked French friesPear  | **FRIDAY 21, 2024**Chicken Pasta Salad(3 oz diced chicken, 1/2c mixed vegetbles & Broccoli, 1/2c pasta)1/2c Asparagus w/ 1 tsp unsalted butter and lemon 1 granola bar (oats N Hoiney) 1/2c Vanilla Nonfat Yogurt 1/2c Sweet cherries  |
| **MONDAY 24, 2024**Ham and Swiss Cheese Sandwich(2 oz ham, 1 oz cheese, 2 sl. WW bread)1/2c lettuce, 2 slices tomato)1/2c LS Three Bean Salad1/2c Roasted Brussel Sprouts 1/2c Pineapple  | **TUESDAY 25, 2024**Taco Salad(3 oz meat, .5oz cheese, 1oz tortilla chips1/2c romaine lettuce and 1/2c tomato, 1/4c avocado)1/2c LS Pinto Beans 1c Fresh Strawberries | **THURSDAY 27, 2024**3 oz. Pork Chop1/3c LS Mashed Potatoes1c Mediterranean blend vegetable 1 Wheat Roll w/ 1 tsp unsalted butter 1/2c applesauce  | **THURSDAY 27, 2024**Spaghetti(3 oz meat, 2oz LS sauce, 1/2c noodles)1c Italian Blend Vegetables 1c Spinach salad(1c Spinach, 1/4c Red onion, 1 TBSP cranberries)2 TBSP Light Ranch Dressing Wheat roll1/2c tapioca pudding | **FRIDAY 28, 2024**3oz orange chicken1/2c Brown steamed rice1c Stir Fry Veggies1 vegetable egg roll1/2c mandarins1 fortune cookie |
|  |  |  |  | 8 oz. 1% Milk Served With All Meals |

***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 | 709.3 | 744.3 | 711.1 | 700.2 |  |
| % Carbohydrates from Calories | 45-55% | 52.4 | 51.0 | 50.6 | 47.7 |  |
| % Protein from Calories | 15-25% | 20.7 | 22.8 | 20.8 | 22.8 |  |
| % Fat from Calories | 25-35% | 26.9 | 26.2 | 28.6 | 29.5 |  |
| Saturated Fat | less than 8g | 7.2 | 7.5 | 8.0 | 7.9 |  |
| Fiber | 10g or more | 12.0 | 10.0 | 11.5 | 10.5 |  |
| Vitamin B-12 | .8ug or more | 1.7 | 2.9 | 1.8 | 2.5 |  |
| Vitamin A | 300ug RAE or more | 670.7 | 405.5 | 477.3 | 373.4 |  |
| Vitamin C | 30mg or more | 67.9 | 42.3 | 81.4 | 47.1 |  |
| Iron | 2.6mg or more | 4.5 | 5.5 | 4.6 | 4.9 |  |
| Calcium | 400mg or more | 512.2 | 508.0 | 521.5 | 530.1 |  |
| Sodium | less than 766mg | 766.4 | 733.1 | 728.3 | 661.7 |  |

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 7, 2024