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| --- | --- | --- | --- | --- |
| **MONDAY 3, 2024**  Kielbasa  (2oz Kielbasa, 1 WW bun)  1/2c LS parsley Potatoes  1/2c Peppers and onions)  1/2c carrots w/ 1 tsp unsalted butter  1/2c peaches  1/2c 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 rice  1/2c lettuce/tomato  1c 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 rice  1/2c Mandarin oranges | **THURSDAY 6, 2024**  Sloppy Joes  (3oz Beef, 1oz Sauce, 1 bun, 1/2c peppers and onions)  1/2c Sweet potato fries  3/4c Roasted Brussel sprouts  1/2c Spiced Pears | **FRIDAY 7, 2024**  3 oz Marinated Chicken Breast, 1oz sauce  1/2c LS Brown Rice Pilaf  1/2c Broccoli spears  1.5c Tossed Salad w/  2 TBSP Light Italian Dressing  1/2c Fruit cocktail |
| **MONDAY 10, 2024**  Swiss Steak  2oz LS Gravy w/ 1/2c Mushrooms  1/2c LS Herb Roasted Potatoes  1c 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 Crackers  1c 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 Calabacitas  1/2c Creamy Cucumber Salad  3/4c mixed fruit | **FRIDAY 14, 2024**  4 oz LS Baked Lemon Pepper Fish  2 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 beans  1.5 c tossed salad w/ 2 TBSP Light ranch dressing  1 6in Flour tortilla  1 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 egg  2 TBSP Light Ranch dressing  6 WW LS crackers  1c Fruit salad | **WEDNESDAY 19, 2024**  3 oz Chicken Strips  1/2c LS mashed potatoes/  2oz LS gravy  1c 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 fries  Pear | **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 Salad  1/2c Roasted Brussel Sprouts  1/2c Pineapple | **TUESDAY 25, 2024**  Taco Salad  (3 oz meat, .5oz cheese, 1oz tortilla chips  1/2c romaine lettuce and 1/2c tomato, 1/4c avocado)  1/2c LS Pinto Beans  1c Fresh Strawberries | **THURSDAY 27, 2024**  3 oz. Pork Chop  1/3c LS Mashed Potatoes  1c 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 roll  1/2c tapioca pudding | **FRIDAY 28, 2024**  3oz orange chicken  1/2c Brown steamed rice  1c Stir Fry Veggies  1 vegetable egg roll  1/2c mandarins  1 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