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| **MONDAY 1,2024**CHICKEN STIR FRY (3oz chicken breast, 1oz LS sauce, 1c stir fry veggies)1c brown rice1c Mandarin Oranges & Pineapple  | **TUESDAY 2, 2024**GARLIC BUTTER COD(3oz LS Lemon Pepper cod filet, 1oz sauce)1/2c Lemon Orzo Pasta3/4Roasted Asparagus and 1/4c tomatoWheat roll Fresh Pear | **WEDNESDAY 3, 2024**PULLED PORK SANDWICH (3oz pulled pork, 1oz BBQ sauce, 1 WW bun)1/2c LS Coleslaw (vinegar Dressing1c winter blend vegetables w/ 1 tsp unsalted butter 1c Fruit salad  | **THURSDAY 4, 2024**CLOSED | **FRIDAY 5, 2024**Polish sausage w/ peppers & onion(2oz Polish Sausage, w/ 1/2c Sauteed peppers and onions)3/4c Sweet potatoes Wheat roll w/ 1 tsp unsalted butterFresh Orange1/2c Light nonfat vanilla Yogurt |
| **MONDAY 8, 2024**1c JAMBALAYA(1oz chicken, 1oz shrimp, 1oz sausage, 3/4c onion, peppers, celery, tomatoes, 1/4c brown rice 1 tsp LS Cajun spice)WW Roll1.5c Garden Salad w/ 2 TBSP Light Ranch dressing1 Fresh Peach  | **TUESDAY 9, 2024**INDIAN TACO (1oz Fry bread, 3oz Ground Beef, 1/2c Lettuce, 1/2c tomatoes, 1oz GC, 1/4c onion, 2 TBSP salsa)1/2c LS Pinto Beans1/2c Squash1/2c Mixed Fruit 1/2c FF Sorbet | **WEDNESDAY 10, 2024**CHICKEN LETTUCE WRAP(3oz diced chicken, 2 romaine lettuce leaves, 1/2c shredded carrots, celery, peppers, onions, 1oz peanuts, 1/2c rice noodles)1c Capri Veggies3/4c LS Broccoli apple salad  | **THURSDAY 11, 2024**CARNITA TACOS(3oz pork meat, 1oz RC sauce, 2 corn tortillas, 2 TSP cilantro 2 TSP onion 1/4c avocado)1/2c Black beans1c California blend veg., 1/2c LS Spanish rice1/2c Mango | **FRIDAY 12, 2024**FISH AND CHIPS(3oz haddock 1oz breading, 2oz tartar sauce)1/2c NAS Baked Crinkle Cut Fries1c Creamy coleslaw w/ 2 TBSP dressing 6 LS WW Crackers1c Cantaloupe |
| **MONDAY 15, 2024**Chef salad(1.5c romaine lettuce, 1oz Diced Chicken, 1oz Turkey, 1 HB Egg, 1/4c cucumber, 1/4c Carrots, 1/8c red cabbage, 1/8c red onion, 1/2c Red Tomato)2 TBSP Light ranch dressingWheat roll w/ 1 tsp unsalted butter 1 Banana  | **TUESDAY 16, 2024**CHICKEN QUESADILLA(3oz chicken, 1 8in WW flour tortilla, .5oz cheese, 1 TBSP Pico de gallo, 1 TBSP Sour Cream)1/2c Pinto Beans1c Winter Blend Vegetables.1/2c cilantro lime brown rice 1/2c Spiced Apples | **WEDNESDAY 17, 2024**PORK RIBS(2 ribs 3oz lean country style boneless ribs, 1 TBSP BBQ sauce)1/2c LS Parsley Potatoes3/4c Carrot w/ 1 tsp unsalted butter ½ slice Cornbread w/ 1 tsp unsalted butter 1c Watermelon | **THURSDAY 18, 2024**5oz BANG BANG SHRIMP(3oz shrimp, 1oz breading, 1oz sauce)1c LS Brown Rice Pilaf 1/2c Snow Peas 1/2c Roasted Green Beans1c Honeydew | **FRIDAY 19, 2024**CLUB SANDWICH(1oz Turkey, 1 sl LS bacon, 2 sl WW bread, 2sl tomato, 1/4c lettuce)1c Vegetable Medley w/ 1 tsp unsalted butter 1c Light Vanilla nonfat yogurt 1/2c Berries  |
| **MONDAY 22, 2024**BEEF TACOS(3oz ground beef, 2 6” corn tortilla, 1/2c lettuce and tomato, 2 TBSP salsa)1/2c Pinto Beans1/2c Roasted Zucchini1c Fresh Strawberries  | **TUESDAY 23, 2024**PINEAPPLE PORK CHOPS(3oz pork chop, 2sl grilled pineapple)1/2c Macaroni Salad 1/2c braised red cabbage w/ 1/4c onions, 1/2c Apples1/2c Spinach1-Fortune Cookie | **WEDNESDAY 24, 2024**SHRIMP TACO(3oz grilled shrimp, 6” flour tortilla, 1/2c jalapeno slaw, 2 TBSP salsa)1/2c Mediterranean Quinoa Salad1/2c Roasted Summer Squash1/2c Grape Salad  | **THURSDAY 25, 2024**4oz BOURBON CHICKEN(3oz chicken thigh, 1oz sauce)1/2c Lo Mein Noodles1/2c Roasted Cauliflower1/2c green peas Orange | **FRIDAY 26, 2024**TURKEY TETRAZZINI(3oz turkey, 1/4c peas, 1 tsp sundried tomato, 1/4c spinach, 1/4c mushrooms, 1/2c Spaghetti, 1oz sauce)Bread Stick1/2c Roasted Brussel Sprouts3/4c Fruit Compote |
| **MONDAY 29,2024**SALISBURY STEAK(3oz Salisbury steak, 3/4c Egg Noodles w/2oz LS gravy, 1/2c sauteed mushrooms and onions)1/2c Broccoli SpearsWW Roll1/2c mandarin oranges & 1/2c Banana  | **TUESDAY 30, 2024**CHICKEN PARMIGIANA(3oz parm crusted chicken breast, 1oz breading, 1/4c NAS marinara sauce, .5oz mozz cheese)1/2c spaghetti w/1/4c NAS Marinara1 svg Greek Salad(1c Romaine lettuce, 1/2c cucumber/tomatoes/black olives/bell peppers/red onon/.5oz feta cheese, 2 TBSP Greek Dressing6 LS WW crackers Fresh Plum | **WEDNESDAY 31, 2024**Grilled PORK KABOB(3oz pork skewer, 1TSP Marinade, 1/2c peppers and onions)1/2c Apple Slaw1/2c Garlic and Cilantro Roasted PotatoesWheat roll 1c Tropical Fruit salad |  |  |

***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:****4** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****3** |
| Calories | 700 or more | 709.0 | 854.0 | 709.0 | 765.2 | 823.1 |
| % Carbohydrates from Calories | 45-55% | 50.9 | 48.2 | 49.8 | 45.6 | 50.8 |
| % Protein from Calories | 15-25% | 22.9 | 19.7 | 20.6 | 23.2 | 21.9 |
| % Fat from Calories | 25-35% | 26.3 | 32.1 | 29.7 | 30.8 | 27.3 |
| Saturated Fat | less than 8g | 7.5 | 7.8 | 8.0 | 7.6 | 7.9 |
| Fiber | 10g or more | 10.0 | 13.5 | 10.0 | 10.6 | 11.5 |
| Vitamin B-12 | .8ug or more | 1.8 | 2.0 | 1.5 | 2.0 | 2.6 |
| Vitamin A | 300ug RAE or more | 441.6 | 591.4 | 619.2 | 360.9 | 325.9 |
| Vitamin C | 30mg or more | 81.8 | 66.7 | 37.9 | 104.0 | 89.6 |
| Iron | 2.6mg or more | 3.8 | 4.9 | 4.5 | 6.1 | 5.8 |
| Calcium | 400mg or more | 471.3 | 446.8 | 506.8 | 492.5 | 514.0 |
| Sodium | less than 766mg | 761.6 | 754.8 | 734.0 | 756.3 | 702.7 |

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 June 24, 2024