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| MONDAY JULY 1  All American Burger  (1bun, 3oz patty, 1/2c lettuce, 2 slices tomato, 1 slice onion)  1/2c Potato Wedges  1/2c LS Non creamy tomato and cucumber salad  1c Watermelon  1/2 slice Brownie | TUESDAY JULY 2  Thai Chicken  (3oz Diced .5oz sauce)  1/2c Brown Rice  1c Oriental Vegetables  1/2c Mandarin Oranges | WEDNESDAY JULY 3  6 ounces  Eggplant Parmesan  (1 slice eggplant/breading/parm cheese,/herbs), 2oz No added salt marinara Sauce, .5 ounces mozzarella cheese)  1c Capri Vegetables  1/2c LS Garbanzo Beans  1 wheat Roll w/ 1 tsp unsated butter  1/2c Plums  1/2c Light nonfat Vanilla Yogurt | THURSDAY JULY 4  CLOSED HOLIDAY | FRIDAY JULY 5  Cabbage Roll  1 pc cabbage, 3oz Lean Ground Beef, 1oz Rice, 1oz Tomato Sauce)  1/2c Garlic Noodles (1/2c Noodles w/ ½ tsp minced garlic, 1 tsp olive oil)  1c California Blend Vegetables  1/2c Cantaloupe |
| MONDAY JULY 8  Honey Mustard Chicken  (3oz Chicken thigh, 1tsp honey mustard Sauce)  1/2c Yams  1c No added salt French style green Beans  Wheat roll  1/2 c Spiced Peaches | TUESDAY JULY 9  1c Chili  (3oz Beef, 4oz beans, tomatoes, 1oz Sauce)  1 slice Cornbread  1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing  1/2c Pears | WEDNESDAY JULY 10  3oz Lean Braised Pork  1c Oriental Vegetables  1/2c LS Brown Rice Pilaf  1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing  Wheat roll w/ 1 tsp unsalted butter  1c Fruit salad | THURSDAY JULY 11  Taco Salad  1oz tortilla chips, 1c Lettuce and tomato, 3oz ground beef, no cheese, 2 TBSP salsa)  1/2c LS Pinto Beans  1/2c Roasted Zucchini  1/2c Diced Mango | FRIDAY JULY 12  Open faced Tureky Sandwich  (3oz Turkey Slices, 1 slices wheat bread  1/2c LS Mashed Potatoes & 2 oz LS Gravy  1/2c Carrots w/ 1 tsp unsalted butter  1c Grapes |
| MONDAY JULY 15  3/4c LS Red Beans & 1/2c White Rice  1c Stewed Okra w/ Tomatoes and onions  1 sl. Cornbread  1/2c Lemon Pudding | TUESDAY JULY 16  Chicken Taco  (1 6 in flour tortilla ,3oz Chicken, 1/2c lettuce and tomato, .5 oz Cheese, 2 TBSP Salsa)  1/2c LS Black Beans  1/2c Scandinavian Vegetables  1/2c Apricots | WEDNESDAY JULY 17  Pork Riblet Sandwich  (3oz Lean LS Boneless Country style Ribs, 1 bun, 1/2c Coleslaw w/1 TBSP Dressing)  4 oz Sweet Potato Fries  1/2c LS 3 bean salad  1c Tropical Fruit salad | THURSDAY JULY 18  Chicken Cacciatore  (3oz Chicken Breasts, 2oz Sauce)  1/2c LS Roasted Broccoli  1/2c LS Roasted Tomatoes  Wheat Roll  1/2c Pineapple | FRIDAY JULY 19  8oz LS Beef Barley Soup  (3oz Beef, 1/3c Barley, 1oz Vegetables)  1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing  Wheat Roll  1/2c Mixed Fruit |
| MONDAY JULY 22  Classic Chicken salad  (3oz chicken, 1/4c celery & onions, 2 slices wheat bread, 1/2c lettuce)  1c Mediterranean Vegetables  1oz Multigrain Chips  1 Banana | TUESDAY JULY 23  Breakfast Quiche  (1 egg, 1/2c hashbrowns, 1oz Cheese, 1/4c onions, 1/4c mushrooms)  1/2c spinach  1 mini Bagel  1/2c mixed Berries 1c light nonfat vanilla yogurt | WEDNESDAY JULY 24  1-Pork Tamale  (1.5oz Pork 1/4 c Masa, 1/4c Red chile Sauce)  1/2c LS Pinto beans  1/3c LS Spanish rice  1c Yellow squash and 1/2c NAS tomatoes  1c strawberries | THURSDAY JULY 25  Swedish Meatballs  (3oz meatballs, 1/4c Sauce, 1/2c Egg Noodles)  1/2c Glazed Carrots  1/2c Asparagus  1/2c SF gelatin w/ 1/2c Apricots | FRIDAY JULY 26  4oz Orange Chicken  (3oz Chicken, 1oz Sauce)  1/2c Brown Rice  1c Stir Fry Vegetables  1/2c Mandarin oranges &1/2c Pineapple |
| MONDAY JULY 29  1c Maque Choux  (3oz Lower Sodium Chicken Sausage, 1/4c Onion,  1/4c R. Bell, 1/4c G. Bell, 1/4c Corn,  1oz Sauce)  1sl LF Cornbread, 1tsp Margarine  1/2c Peaches | TUESDAY JULY 30  1c Posole w/Pork  (3oz Pork, 1oz Red Chile,  1/2c Hominy)  1c Garden Blend Veg. 1 tsp margarine  1 6 in Flour Tortilla w/ 1 tsp margarine  1 Pear | WEDNESDAY JULY 31  Chicken Wrap  (3oz Grilled LS Chicken Breast,  1/2c Lettuce and Tomato,  1oz. Cheese, 1 8 in WW Tortilla)  1/2c Roasted Brussel Sprouts  3/4c Pasta Salad  (1/4c, 1/2c Vegetables)  1/2c Chocolate pudding | Thursday 28, 2023 | Friday 29, 2023 |

***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 | 739.9 | 723.7 | 804.7 | 757.8 | 722.1 |
| % Carbohydrates from Calories | 45-55% | 55.2 | 48.0 | 51.0 | 49.5 | 49.9 |
| % Protein from Calories | 15-25% | 19.6 | 21.8 | 20.0 | 21.1 | 24.8 |
| % Fat from Calories | 25-35% | 25.2 | 30.2 | 29.0 | 29.4 | 25.3 |
| Saturated Fat | less than 8g | 7.7 | 7.8 | 7.4 | 7.9 | 6.7 |
| Fiber | 10g or more | 10.9 | 10.8 | 13.8 | 10.5 | 10.5 |
| Vitamin B-12 | .8ug or more | 1.8 | 2.5 | 2.4 | 2.1 | 1.7 |
| Vitamin A | 300ug RAE or more | 339.1 | 573.4 | 501.2 | 371.0 | 371.0 |
| Vitamin C | 30mg or more | 44.9 | 41.1 | 77.6 | 41.5 | 59.7 |
| Iron | 2.6mg or more | 5.1 | 4.9 | 6.1 | 5.1 | 4.2 |
| Calcium | 400mg or more | 518.5 | 461.8 | 518.0 | 530.3 | 541.7 |
| Sodium | less than 766mg | 760.2 | 757.2 | 766.8 | 756.1 | 721.9 |

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 5, 2024