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| All Meals served with  8 oz. 2% milk. |  |  |  |  |
| MONDAY 3, 2024  Sloppy Joes  (3 oz. Beef, 1 Bun, 1/2c peppers, onions)  1.5c Tossed Salad w/ 2 TBSP light Italian Dressing  1/2c Green Beans  1c Watermelon | TUESDAY 4, 2024  1c Sweet & Sour Pork  (3oz pork, 1/2c onions, peppers, green onions, 1 tsp sesame seeds)  1/2c brown Rice  1c Stir Fry Vegetables & sugar snap peas  Orange | WEDNESDAY 5, 2024  3 oz. Swedish Meatballs  (2oz LS Gravy w/ 1/2c Mushrooms, 1/2c Egg Noodles)  1/2c unsalted beets  1/2c carrots  Wheat roll  1c Chopped Cantaloupe | THURSDAY 6, 2024  3 oz. LS Herbed Roasted Chicken Breast  3/4c LS Roasted vegetables (sweet potatoes, Brussel sprouts, granny smith, apples, & olive oil, garlic, rosemary, thyme)  1/2c Sliced Tomato  1 WW Roll w/ 1 tsp. Margarine  1 sl. SF Angel Food Cake  w/ 1/2c spiced peaches | FRIDAY 7, 2024  3 oz. Roast Beef w/ 2oz LS gravy  1/2c Mashed Potatoes  1/2c Carrots, 1/2c Celery and onions  1 WW Roll w/ 1 tsp. Margarine  Fresh Pear |
| MONDAY 10, 2024  3 oz. Cajun Fish  2 TBSP tartar sauce and lemon slice  1/2c LS Black eyed peas  1c Cauliflower & Broccoli  1 Wheat roll w/ 1 tsp. Margarine  1c Fruit Salad | TUESDAY 11, 2024  Beef Fajitas  (3oz beef, 1/2c peppers& onions, 2 TBSP Salsa)  1/2c Black Beans  1/2c LS Spanish Rice  1 6in Flour Tortilla  1/2c Diced Mango | WEDNESDAY 12, 2024  4oz BBQ Chicken  (3oz Chicken breast, 1oz BBQ sauce)  1/3c Fried Okra  1c Chateau blend vegetables  1 Wheat Roll w/ 1 tsp. Margarine  1/2c Mixed Fruit | THURSDAY 13, 2024  4 oz. Pork Chop  1/2c Brown Rice Pilaf w/ 1/2c Mushrooms  1/2c Spinach w/ 1 tsp margarine  1 Wheat roll w/ 1 tsp. Margarine  1/2c unsweetened applesauce | FRIDAY 14, 2024  4 oz. Meatloaf  1/2c LS Mashed Potatoes  2oz LS Gravy  1c Vegetable Medley  1 WW Roll w/ 1 tsp. Margarine  1c Tropical Fruit |
| MONDAY 17, 2024  5oz Carne Adovada  ( pork w/ red chile sauce)  (3oz Pork, 2oz RC sauce)  1/2c LS Pinto Beans  1/2c Calabacitas  1 6in Tortilla  1/3c Lemon Pudding  1c Grapes | TUESDAY 18, 2024  1c Beef Stew  (3 oz Beef, 1 oz. Sauce,  1/4c Carrots, 1/4c Potatoes)  1/2c Stewed red cabbage and beets, 1 slice reduced sodium bacon)  1 Wheat roll w/ 1 tsp. Margarine  1 Baked Apple slices | WEDNESDAY 19, 2024  3 oz. Chicken Strips  1/2c LS Herb Roasted Red Potatoes  1/2c LS Three Bean Salad WW Roll w/ 1 tsp. Margarine  3/4c Mandarin Orange | THURSDAY 20, 2024  1/2c Spaghetti  w/ 6oz Meat Sauce  (3oz NAS Marinara Sauce, 3oz beef)  1 Wheat roll w/ 1 tsp margarine  1c Italian Blend Vegetables  1c Chopped Cantaloupe | FRIDAY 21, 2024  GC Chicken Sandwich  (1 bun, 3oz Grilled/baked chicken, 2 TBSP GC, .5oz GC)  1/2c Sweet Potato  1/2c LS Roasted Cauliflower  1 Oatmeal Cookie |
| MONDAY 24, 2024  Taco Burger  (3 oz. Beef patty, 1 tsp LS taco Seasoning), .5 oz. Cheese, 1 12in Tortilla, 1/2c Lettuce & Tomato, 2 TBSP salsa)  3/4c Broccoli  1/3c Peas  1c Strawberries | TUESDAY 25, 2024  3 oz. Chicken Fried Steak w/ 1 oz LS Country Gravy  1/2c LS Parsley Potatoes  1/2c Brussel Sprouts  Wheat roll  w/ 1 tsp. Margarine  1/2c SF gelatin w/ 1/2c Banana | WEDNESDAY 26, 2024  Chicken Tacos  (3oz chicken,1 6in flour tortilla, 1/2c lettuce and tomato, 2 TBSP salsa)  1/3c Corn Salsa  1c Zucchini w/ NAS diced tomatoes  3/4c Pineapple Chunks | THURSDAY 27, 2024  Chile Relleno  (1GC, 1oz Cheese, 1oz Breading)  1/2c LS Pinto Beans  1/2c LS Spanish Rice  1c Chateau Blend vegetables  1/2c Diced mango | FRIDAY 28, 2024  3oz LS Herbed Cod  2 TBSP Tartar Sauce  c Wild/brown rice  1/2c Carrots  1.5c Tossed Salad w/  2T Light Italian Dressing  1 Wheat Roll w/  1 tsp. Margarine  1 Orange |

***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:**  **5** |
| Calories | 700 or more | 719.5 | 711.0 | 718.9 | 704.7 | n/a |
| % Carbohydrates from Calories | 45-55% | 50.9 | 49.9 | 416.0 | 50.2 |  |
| % Protein from Calories | 15-25% | 22.1 | 21.5 | 24.9 | 22.6 |  |
| % Fat from Calories | 25-35% | 27.0 | 28.6 | 29.1 | 27.2 |  |
| Saturated Fat | less than 8g | 8.0 | 7.8 | 8.0 | 8.0 |  |
| Fiber | 10g or more | 10.2 | 10.6 | 10.0 | 13.4 |  |
| Vitamin B-12 | .8ug or more | 3.0 | 2.3 | 2.6 | 2.3 |  |
| Vitamin A | 300ug RAE or more | 674.9 | 315.7 | 496.9 | 541.2 |  |
| Vitamin C | 30mg or more | 73.2 | 50.5 | 54.5 | 118.9 |  |
| Iron | 2.6mg or more | 5.6 | 5.0 | 5.1 | 5.2 |  |
| Calcium | 400mg or more | 449.7 | 432.8 | 443.4 | 513.5 |  |
| Sodium | less than 766mg | 625.3 | 687.4 | 719.2 | 729.9 |  |

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 May 9, 2024