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| MONDAY 3, 2024  Spaghetti  with Meat Sauce  (1/2c Spaghetti, 6oz Meat sauce (3oz Beef, 3oz NAS Marinara Sauce)  1c Italian Veggies  1.5c Garden Salad w/ 2 TBSP Light Italian Dressing  Breadstick  Fresh Orange | TUESDAY 4, 2024  Chicken Salad  (1/2c Chicken salad, 3oz Diced Chicken, 2 slices wheat bread, 1/2c Lettuce)  1/2c Cold Peas  1/2c Cucumber Tomato Salad  1/2c SF Gelatin w/ 1/2c Fruit Cocktail | WEDNESDAY 5, 2024  Beef Fajita  (3oz Beef, 1/2c Peppers and onions, 6 in Flour Tortilla, 2 TBSP salsa)  1/2c LS Black Beans  1/2c Cilantro lime brown rice  1/2c Diced Mango | THURSDAY 6, 2024  Fish Sandwich  (3oz breaded Fish, 1 bun, 1 TBSP tartar Sauce, 1/2c Lettuce, 2slices tomato)  1/3c Baked NAS French Fries  1c Vegetable Medley  banana | FRIDAY 7, 2024  Frito Pie  Pinto Beans  (1oz Corn Chips, 2oz RC, 3oz Beef, 1/2c Pinto Beans, 1/2c Lettuce and tomato, 1/4c onion)  1/2c Spanish Slaw  1c strawberries |
| MONDAY 10, 2024  Turkey and Cheese Wrap  (2oz Turkey, .5oz Swiss cheese, 1 8 in WW Flour Tortilla 1/2c lettuce, 2 slices red tomato)  3/4c Carrots  1/2c Celery Sticks  Fresh Pear  3/4c Light nonfat vanilla yogurt | TUESDAY 11, 2024  Baked Chicken  Mushroom Sauce  (3oz LS Gravy, 1/2c Mushrooms)  3/4c Wild Rice  3/4c Spinach w/ 1 tsp margarine  Wheat roll w/ 1 tsp margarine  1c Mixed Fruit | WEDNESDAY 12, 2024  BBQ Rib Sandwich  (1 bun, 3oz Boneless rib, 1 TBSP BBQ sauce)  1/2c LS Ranch Beans  1/2c LS Okra w/ tomatoes  1c Watermelon | THURSDAY 13, 2024  Soft Beef Taco  (1 6in Flour tortilla, 3oz Beef, 2 TBSP Salsa, 1/2c lettuce and tomato)  1/2c LS Spanish Rice  1c Capri Vegetables  Fresh Apple | FRIDAY 14, 2024  3/4c Hawaiian Chicken  (3oz Chicken, 1oz Sauce, 1/4c Pineapple))  1c Chateau Blend vegetables  Wheat roll  1c Pineapple and Mandarin oranges |
| MONDAY 17, 2024  Chef’s Salad  1 oz. Turkey, 2oz Chicken, 1.5c Romaine Lettuce & 1/4c Tomato, 1 HB Egg, 1/4c cucumber, 1/4c carrots, 1/4c Red Cabbage,, 2T Light Ranch Dressing  6 LS WW crackers  Banana | TUESDAY 18, 2024  3oz LS Herbed Cod  2 TBSP tartar sauce  1/2c LS brown Rice Pilaf  1c Garden Blend  Wheat roll w/ 1 tsp margarine  1/2c Spiced Apricots | WEDNESDAY 19, 2024  ALL  KITCHENS  CLOSED | THURSDAY 20, 2024  2oz Polish Sausage  1c California Veggies  1/2c LS Parsley Potatoes  Wheat roll w/ 1 tsp margarine 1/2c Light nonfat vanilla yogurt w/ 1/2c Sweet cherries | FRIDAY 21, 2024  Chicken Provencal  (3oz Chicken thigh  1/2c shallots/capers/cherry tomatoes/olives  1/2c Steamed Brown Rice  1c Vegetable Medley  Wheat roll  Orange |
| MONDAY 24, 2024  Smothered Bean Burrito  (1 8in WW tortilla, 3/4c LS Pinto beans, 2 TBSP Salsa), 1/4c RC Sauce  **1/3c LS Spanish Rice**  1/2c Broccoli Spears  1/2c Mixed Vegetables  1c Tropical Fruit | TUESDAY 25, 2024  1c Pork Stir Fry  (3oz Pork, 1/4c Peppers/onions, 1/2c Broccoli,.5oz Sauce  1c Asian Veggies  1/2c Cooked chow mein noodles  1/2c SF Gelatin  1/2c Pineapple | WEDNESDAY 26, 2024  Hot Dog  (1/2 hot dog=1oz, 1 bun)  1c Winter vegetables  1/2c LS Ranch Beans  1/2c Sugar Free gelatin w/ 1/2c diced pears | THURSDAY 27, 2024  Red Chili Beef Enchiladas  (2 corn tortilla, 1oz cheese, 3oz beef, 1oz Cheese, 1 oz RC)  1c Capri Veggies  1/2c LS Spanish Rice  1/2c Plums | FRIDAY 28, 2024  3oz Chicken Strips  2oz LS Country Gravy  1/2c Sweet potatoes  3/4c Green Beans  1 slice LF Cornbread w/ 1 tsp margarine  1/2c unsweetened Applesauce |

***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:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **n/a** |
| Calories | 700 or more | 740.0 | 714.0 | 718.5 | 708.7 |  |
| % Carbohydrates from Calories | 45-55% | 48.0 | 51.6 | 50.7 | 54.1 |  |
| % Protein from Calories | 15-25% | 22.0 | 22.4 | 18.4 | 18.9 |  |
| % Fat from Calories | 25-35% | 30.0 | 26.1 | 30.1 | 27.0 |  |
| Saturated Fat | less than 8g | 8.0 | 8.0 | 7.6 | 7.8 |  |
| Fiber | 10g or more | 12.8 | 11.7 | 11.6 | 13.5 |  |
| Vitamin B-12 | .8ug or more | 2.9 | 2.5 | 1.8 | 1.9 |  |
| Vitamin A | 300ug RAE or more | 315.6 | 579.8 | 417.2 | 384.6 |  |
| Vitamin C | 30mg or more | 80.2 | 34.5 | 44.2 | 49.4 |  |
| Iron | 2.6mg or more | 5.7 | 5.6 | 3.3 | 4.4 |  |
| Calcium | 400mg or more | 436.9 | 517.5 | 434.3 | 502.1 |  |
| Sodium | less than 766mg | 742.9 | 761.6 | 765.9 | 7663.6 |  |

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 22, 2024