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|  |  |  | **THURSDAY, AUG 1**3/4c Chicken Salad Wrap(3oz Chicken, 1/4c grapes, celery, walnuts, cranberries, 1 8 in flour tortilla, 1/2c lettuce and tomato)1/2c Carrot & Raisin Salad3/4c Pasta Salad(1/2c Vegetables, 1/4c pasta)1 Watermelon Wedge (1c)1 Oatmeal cookie | **FRIDAY, AUG 2**4oz LS Herbed Baked Fish2 TBSP Tartar Sauce1/2c LS Brown Rice Pilaf 1c Vegetable medley w/ 2 tsp unsalted butter 1 WW Roll w/ 1 tsp unsalted butter Orange  |
| **MONDAY, AUG 5**2oz Polish Sausage w/1/2c peppers and onions1/2c NAS Baked Potato Wedges1/2c Beets1 WW Roll1 Fresh Peach1/2c Light Vanilla Yogurt  | **TUESDAY, AUG 6**Soft Chicken Taco (3oz chicken, 1 6” flour tortilla, 1/2c shredded lettuce and diced tomato, 2 TBSP salsa)1/2c LS Pinto Beans1/2c LS Spanish Rice1/2c Cucumber & Tomato Salad1/2c Chilled Fruit Cocktail | **WEDNESDAY, AUG 7**1c 4 Cheese Baked Penne Pasta(1/2c Penne, 2oz NAS marinara Sauce, .5oz cheese)1/2c Italian Vegetables1/2c Steamed Broccoli & 1/2c Garbanzo BeansCaesar Salad (1c Romaine lettuce, 1/2c Red tomatoes, 1 HB Egg, w/2 TBSP Light Caesar Dressing)4 LS WW Crackers 1c Fresh Grapes | **THURSDAY, AUG 8**3oz Baked Chicken Breast 1/2c LS Brown Rice Pilaf1c Normandy Blend VegetablesSpinach Salad (1/2c spinach, 1/4c red onion, 1TBSP cranberries)1 TBSP Light Ranch Dressing 1 WW Roll w/ 1 tsp unsalted butter 1/2c Mandarin Oranges w/1/2c SF Gelatin  | **FRIDAY, AUG 9**Beef Stroganoff w/ Mushrooms(3oz beef, 1/2c Egg Noodles, 1/2c mushrooms, 2 oz LS Sauce)1/2c Green beans1 WW Roll w/ 1 tsp unsalted butter 1/2c mixed berries in 1/4c crisp |
| **MONDAY, AUG 12**3oz Country Fried Steak`1/2c LS Mashed Potatoes w/ 2oz LS Gravy1/2c Steamed Brussel Sprouts1 slice wheat bread w/ 1 tsp unsalted butter Fresh Orange | **TUESDAY, AUG 13**8oz Chicken Pot Pie(1oz crust, 3oz chicken, 1/2c mixed vegetables, 2oz sauce)1.5c Tossed salad w/ 2 TBSP light Ranch Dressing4 LS WW Crackers 1 Fresh Pear | **WEDNESDAY, AUG 14**Smothered Beef Burrito(3oz beef, .5oz Cheese, 1/4c Green Chile sauce, 1 8in Flour tortilla, 1/2c shredded lettuce and diced tomato)1/2c LS Seasoned Spinach w/ Garlic 1/2c Cauliflower Rice1c Diced Honeydew | **THURSDAY, AUG 15**Egg Salad Sandwich(1/2c egg salad, 1/2c lettuce, 2 slices tomato, 2 slices WW bread)1/2c LS Three bean Salad1/2c celery sticks w/ 1 TBSP Light Ranch Dressing1/2c Peaches1c Nonfat Vanilla Yogurt | **FRIDAY, AUG 16**Red Chile Frito Pie(1oz Corn Chips, 2oz RC sauce, 3oz Beef, 1/2c shredded lettuce and diced tomato)1/2c LS Pinto Beans1c Zucchini and NAS diced Tomatoes1/2c Apricot Halves |
| **MONDAY, AUG 19**Santa Fe Chicken(3oz Chicken breast , 1/4cGC Sauce, 1/4c corn & Black beans)1/2c Steamed Brown Rice1c Mediterranean blend1 WW Dinner Roll w/ 1 tsp unsalted butter 1/2c Baked Cinnamon Apples | **TUESDAY, AUG 20**Beef Fajita Tacos(3oz beef, 2 corn tortillas, 2 TBSP Picante Sauce, 1/2c shredded lettuce and diced tomatoes)1c Garden blend Vegetables 1/2c LS Pinto Beans1c Tropical Fruit Salad | **WEDNESDAY, AUG 21**Mac & Cheese w/ Ham(1/2c pasta, 1oz cheese, 2oz LS diced ham)Caesar Salad (1c Romaine lettuce, 1/2c Red tomatoes, w/2 TBSP Light Caesar Dressing)1c Chilled Pineapple Tidbits | **THURSDAY, AUG 22**Meatloaf w/ Gravy(3oz meatloaf, 1oz LS Gravy)1/2c Mashed Potatoes w/ 1 oz LS Gravy1/2c Country Style Vegetable w/ 1 tsp unsalted butter Wheat roll w/ 1 tsp unsalted butter 1.5c Mixed Garden Salad w/ 2 TBSP Light Italian Dressing1/2c Spiced Pears  | **FRIDAY, AUG 23**Chef’s Salad(1c Romaine Lettuce, 1/4c Tomatoes,1 HB Egg, 2oz Diced Chicken,, 1/4c cucumbers, 2 TBSP Light Ranch Dressing)6 LS WW crackers Banana3/4c Light Vanilla nonfat yogurt   |
| **MONDAY, AUG 26**Salisbury Steak w/Mushroom Gravy(3oz steak, 1/2c mushrooms, 2oz LS Gravy)1/2c LS Parsley Potatoes 1/2c Spinach 1 Wheat roll 1/2c Applesauce  | **TUESDAY, AUG 27**1c Green Chile Chicken Stew(3oz chicken, 1oz GC, 1/2c Potatoes/tomatoes/onions)1/2c Calabacitas 1.5c Garden Salad w/ 2 TBSP Light Ranch Dressing1 oz Cornbread w/ 1 tsp Margarine and 1 TBSP Honey1c Grapes | **WEDNESDAY, AUG 28**Red Chile Beef Enchiladas(1oz red Chile, 2oz beef, 2 corn tortillas, 1oz cheese)1/2c shredded lettuce/diced tomato1/2c LS Pinto beans 1c California Blend Vegetable1c Chopped Cantaloupe  | **THURSDAY, AUG 29**3oz LS Pork Chop w1/4c GC sauce 1/2c LS Garlic & Dill Red Potatoes1/2c Coleslaw (vinegar based dressing)3/4c Mixed Fruit | **FRIDAY, AUG 30** Ham & Swiss Sandwich(2oz LS Ham, 1oz Swiss Cheese, 2slices wheat bread 1/2c Lettuce, 1 slice onion, 1 slice tomato)1/2c Carrot Sticks1/2c LS LF broccoli Salad1c Chopped Honeydew |

***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:****2** | **ays in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** |
| Calories | 700 or more | 816.7 | 796.6 | 719.3 | 705.0 | 704.1 |
| % Carbohydrates from Calories | 45-55% | 48.6 | 53.7 | 46.7 | 52.0 | 49.1 |
| % Protein from Calories | 15-25% | 22.7 | 21.0 | 22.0 | 22.1 | 21.5 |
| % Fat from Calories | 25-35% | 27.7 | 25.3 | 31.3 | 25.9 | 29.4 |
| Saturated Fat | less than 8g | 7.9 | 7.1 | 7.7 | 7.5 | 7.9 |
| Fiber | 10g or more | 11.8 | 13.3 | 11.4 | 11.2 | 11.2 |
| Vitamin B-12 | .8ug or more | 1.8 | 2.0 | 2.5 | 2.3 | 2.3 |
| Vitamin A | 300ug RAE or more | 535.3 | 352.2 | 488.8 | 493.0 | 678.1 |
| Vitamin C | 30mg or more | 59.7 | 47.1 | 58.4 | 61.8 | 65.5 |
| Iron | 2.6mg or more | 4.4 | 5.9 | 5.2 | 4.2 | 5.0 |
| Calcium | 400mg or more | 502.3 | 525.0 | 549.2 | 475.0 | 554.9 |
| Sodium | less than 766mg | 719.7 | 761.0 | 763.6 | 743.1 | 689.8 |

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 July 10, 2024