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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 Salad  3/4c Pasta Salad  (1/2c Vegetables, 1/4c pasta)  1 Watermelon Wedge (1c)  1 Oatmeal cookie | **FRIDAY, AUG 2**  4oz LS Herbed Baked Fish  2 TBSP Tartar Sauce  1/2c 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 onions  1/2c NAS Baked Potato Wedges  1/2c Beets  1 WW Roll  1 Fresh Peach  1/2c 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 Beans  1/2c LS Spanish Rice  1/2c Cucumber & Tomato Salad  1/2c Chilled Fruit Cocktail | **WEDNESDAY, AUG 7**  1c 4 Cheese Baked Penne Pasta  (1/2c Penne, 2oz NAS marinara Sauce, .5oz cheese)  1/2c Italian Vegetables  1/2c Steamed Broccoli & 1/2c Garbanzo Beans  Caesar 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 Pilaf  1c Normandy Blend Vegetables  Spinach 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 beans  1 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 Gravy  1/2c Steamed Brussel Sprouts  1 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 Dressing  4 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 Rice  1c 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 Salad  1/2c celery sticks w/ 1 TBSP Light Ranch Dressing  1/2c Peaches  1c 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 Beans  1c Zucchini and NAS diced Tomatoes  1/2c Apricot Halves |
| **MONDAY, AUG 19**  Santa Fe Chicken  (3oz Chicken breast , 1/4cGC Sauce, 1/4c corn & Black beans)  1/2c Steamed Brown Rice  1c Mediterranean blend  1 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 Beans  1c 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 Gravy  1/2c 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 Dressing  1/2c 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  Banana  3/4c 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 Dressing  1 oz Cornbread w/ 1 tsp Margarine and 1 TBSP Honey  1c Grapes | **WEDNESDAY, AUG 28**  Red Chile Beef Enchiladas  (1oz red Chile, 2oz beef, 2 corn tortillas, 1oz cheese)  1/2c shredded lettuce/diced tomato  1/2c LS Pinto beans  1c California Blend Vegetable  1c Chopped Cantaloupe | **THURSDAY, AUG 29**  3oz LS Pork Chop w  1/4c GC sauce  1/2c LS Garlic & Dill Red Potatoes  1/2c 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 Sticks  1/2c LS LF broccoli Salad  1c 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