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| Monday July 1  1c Peas, Ham and Creamy Noodles casserole  (1/8c Peas 2oz LS Ham, 1/2c Noodles, 1/4c Sauce)  1c Chateau Blend vegetables w/ 1 tsp unsalted butter  4 LS WW Crackers  1c Strawberries/bananas | Tuesday July 2  Turkey and Cheese Wrap  (2oz Sliced Turkey, 1oz Swiss cheese, 1/2c Lettuce, 2 slices tomato, 1 8n WW Tortilla)  1/2c Cold Beets  1/2c LS LF Broccoli Salad  1c Fruit Salad | Wednesday July 3  3oz Roasted Chicken Breast  2oz LS Gravy  1/2c LS Brown and Wild Rice Blend w/ 1/4c Mushrooms, 1/4c Onions  1/2c Asparagus w/ 1/2c Carrots  1 slice wheat bread w/ 1 tsp margarine  1c Apricots | Thursday July 4  CLOSED | Friday July 5  Chili Dog  (1 hot dog WW bun,2oz Beef and Pork Hot Dog, 1/4c Onion, 1oz meat, 2oz RC sauce)  1/2c Pinto Beans  1c Vegetable medley w/ 1 tsp unsalted butter  1 Fresh Pear |
| Monday July 8  1c Green Chile Pork Stew  (3oz Pork, 1oz GC, 1/2c Potatoes/tomatoes/onions)  1.5c Tossed salad w/ 2 TBSP light Ranch Dressing  1 6in WW tortilla  1 tsp margarine  1c Diced Mango | Tuesday July 9  Baked Fish  (3oz LS Herbed Fish, 2 TBSP tartar sauce)  1/2c LS Herbed Red potatoes  1/2c Coleslaw w/ vinegar dressing  1/2c SF Gelatin w/ 1/2c Mixed berries  WW Roll | Wednesday July 10  1c Hamburger Mac  (3oz Beef, 1/2c pasta, 1/4c Tomatoes)  1c garden blend veg.  1/2c peaches w/ 1 tsp margarine  1 sugar Cookie | Thursday July 11  Green Chile Chicken Enchiladas  (3oz Chicken, 2oz GC Sauce, 2 corn tortilla, 1oz Cheese, 1/2c lettuce and tomato)  1/2c LS Pinto Beans  1c Yellow squash and 1/2c NAS Diced Tomatoes  1c Chopped Watermelon | Friday July 12  3.5oz LS Salisbury steak  1oz LS Brown Gravy  1/2c LS Parsley Potatoes  1/2c Green Beans  Wheat roll  1c Tropical Fruit |
| Monday July 15  1oz Green Chile Hamburger stew  (2 TBSP GC, 2oz beef, 1/4c Potatoes  1.5c Tossed Salad w/ 2 TBSP light Italian Dressing  1 6in Flour Tortilla  1/2c pears | Tuesday July 16  1c Ham and beans  (2oz LS Ham, 1/2c beans, 1/4c Sauce, 1/2c Peppers and onions)  1c California Blend Vegetables w/ 1 tsp margarine  Cornbread w/ 1 tsp margarine  1/2c Fruit Cocktail | Wednesday July 17  Beef and Papas  (3oz Beef, 1/2c Potatoes, 2 TBSP GC)  1/2c Pinto Beans  1/2c Calabacitas  1 6 in Flour Tortilla  Banana  1/2c vanilla pudding | Thursday July 18  Cheese Tortellini  (1c Cheese tortellini,, 1/3c NAS marinara Sauce)  1c Italian Blend w/ 1 tsp margarine  Wheat roll w/ 1 tsp unsalted butter  1/2c Light nonfat Raspberry yogurt | Friday July 19  3oz Cornflake Chicken  (3oz Chicken Breast)  3/4c Roasted Brussel Sprouts  1/2c Succotash w/ 1 tsp unsalted butter  Wheat roll w/ 1 tsp unsalted butter  Orange |
| Monday July 22  BBQ Beef  (1 TBSP BBQ sauce, 3oz Lean LS Brisket)  1/2c LS Three Bean Salad  1/2c Sweet potatoes  1 slice wheat bread w/ 1 tsp unsalted butter  1/2c Pineapple & 1/2c Mandarin oranges | Tuesday July 23  Garden Salad with Turkey and Egg  (1c Romaine Lettuce, 1/4c Red cabbage, 1/4c Cucumbers, 5 cherry tomatoes, 1/4c Carrots, 2oz Turkey, 2 TBSP Light Ranch Dressing  6 LS WW Crackers  1c Strawberries | Wednesday July 24  1c Red Chile Beef Enchiladas  (2oz beef, 1oz Cheese, 2 corn tortilla, 1/4c Red chile Sauce, 1/2c Lettuce and tomato)  1/2c LS Spanish Rice  1c Capri Blend Veg.  1/2c Apple slices | Thursday July 25  Chicken Fettuccini  (3oz Diced Chicken, 1/2c Fettuccine, 1oz Light Alfredo Sauce)  1c Broccoli and Cauliflower w/ 1 tsp unsalted butter  Wheat roll w/ 1 tsp unsalted butter  1/2c Spiced Pears | Friday July 26  3/4c Beef Stroganoff  (3oz Beef, 1/2c Mushrooms, 2oz LS Sauce, 1/2c Noodles)  1/2c Spinach  3/4c carrots  1c Mixed Fruit |
| Monday July 29  3/4c Beef and Barley Soup  (3oz Beef, 1/4c Barley, 1/4c Carrots/onions/celery)  1.5c Tossed Salad w/ 2 TBSP light Italian Dressing  Wheat bread w/ 1 tsp margarine  1c Chopped cantaloupe | Tuesday July 30  1/2c Baked Ziti  (1oz Mozz. Cheese, 1/2c pasta, 1/4c NAS Marinara Sauce)  1c Mediterranean blend  1 Wheat roll w/ 1 tsp margarine  1c Light Nonfat Blueberry yogurt  banana | Wednesday July 31  Hamburger  (1 bun,3oz patty, 2 TBSP 1/2c Lettuce, 2 slices tomato, 1 slice onion)  1c Vegetable Medley  1/2c Baked NAS French Fries  1c Tropical Fruit salad |  |  |

***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 | 705.4 | 741.4 | 729.3 | 703.0 | 758.2 |
| % Carbohydrates from Calories | 45-55% | 53.9 | 48.8 | 54.4 | 49.7 | 51.3 |
| % Protein from Calories | 15-25% | 20.8 | 23.2 | 20.1 | 23.0 | 21.5 |
| % Fat from Calories | 25-35% | 25.2 | 27.0 | 25.5 | 27.3 | 27.2 |
| Saturated Fat | less than 8g | 7.9 | 7.9 | 7.4 | 8.0 | 8.0 |
| Fiber | 10g or more | 13.6 | 11.2 | 12.6 | 10.1 | 10.5 |
| Vitamin B-12 | .8ug or more | 1.9 | 2.6 | 2.2 | 2.5 | 3.1 |
| Vitamin A | 300ug RAE or more | 488.8 | 364.7 | 389.5 | 733.6 | 512.3 |
| Vitamin C | 30mg or more | 39.2 | 48.0 | 60.0 | 51.7 | 64.4 |
| Iron | 2.6mg or more | 4.2 | 5.2 | 5.9 | 5.2 | 5.5 |
| Calcium | 400mg or more | 493.2 | 496.1 | 527.2 | 517.1 | 553.3 |
| Sodium | less than 766mg | 757.8 | 609.1 | 700.1 | 735.5 | 653.7 |

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 12, 2024