

LUNCH/DINNER MENU TEMPLATE

NYC DEPARTMENT FOR THE AGING
BUREAU OF SENIOR CENTERS
NUTRITION SERVICE

Senior Center Name: _____ Borough: _____ Menu Cycle _____ Week: _____

MENU ITEMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Appetizer</u> <i>Optional</i>					
<u>Entrée</u> <i>Required: 3 oz (cooked) protein or equivalent</i>					
<u>Grains</u> <i>Required: 1-2 servings</i>					
<u>Vegetables</u> <i>Required: 1-2 servings</i>					
<u>Fruit & Fruit Juice</u> <i>Required: 1-2 servings</i>					
<u>Milk & Yogurt</u> <i>Required: 1 serving</i>					
<u>Dessert</u> <i>Optional</i>					
<u>Condiments</u> <i>Optional: Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise</i>					

*Also required are the following: high source of **Vitamin C** on a daily basis and a high source of **Vitamin A** three (3) times per week.

Senior Center Director: _____

Date Prepared: _____

DFTA Nutritionist: _____

Date Approved: _____

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Menu Planning Guidelines

Appetizer

This meal component is *not* required

Entrée

Required: Minimum of 3 oz (cooked) protein or minimum of 19 grams protein for vegetarian meals

Recommended: Choose lean sources of protein when possible

- Beef and Ground meat: Use 85%-90% lean ground meat and serve maximum 1 time per week
- Poultry: Serve without the skin and limit dark meat (legs and thighs) to 1 time per week; purchase lean or extra lean ground turkey
- Fish: Serve fish that are high in omega-3 fatty acids such as salmon and serve minimum 1-2 times per week
- It is recommended that you serve a vegetarian meal 1 time per week

Grains

Required: 1-2 Servings

- Minimum 1 serving if a starchy vegetable (such as potato, yucca, plantain, peas, corn, etc.) is served
- Minimum 2 servings if a starchy vegetable is not served
- Examples include bread, rice, pasta, etc.

Recommended: Choose whole grains that contain a minimum of 2.5 grams of fiber per serving (examples: barley, brown rice, whole wheat bread, quinoa, etc.)

Vegetables

Required: 1-2 servings

- Minimum 1 serving per day of a non-starchy vegetable;
- Minimum 2 servings per day if a starchy vegetable is served (1 of the servings must be a non-starchy vegetable)

Recommended: Serve dark green leafy vegetables 2-3 times per week

Fruit & Fruit Juice

Required: 1-2 servings

- Minimum 1 serving per day of fruit or 100% fruit juice
- Minimum 2 servings per day (1 juice and 1 fruit) when only one vegetable and juice is served, or to help meet the vitamin C or A requirements

Recommended: Serve fruit at least 3 times per week; Fresh fruit whenever possible

Milk & Yogurt

Required: 1 (8oz) serving

- Milk should be 1% or skim and yogurt should be low-fat or fat-free

Dessert

This meal component is not required when fruit is served

- If dessert is served, it should be free of trans fat

Recommended: It is recommended that you do not serve dessert on days when the entrée is high in starch and/or high in fat

Condiments

This meal component is not required when the overall meal is high in fat