

## LUNCH/DINNER MENU TEMPLATE

NYC DEPARTMENT FOR THE AGING  
BUREAU OF SENIOR CENTERS  
NUTRITION SERVICE

Senior Center Name: \_\_\_\_\_ Borough: \_\_\_\_\_ Menu Cycle Spring/Summer 2012 Week: 1

MENU ITEMS	MONDAY <i>3/5, 4/16, 5/28, 7/9, 8/20</i>	TUESDAY <i>3/6, 4/17, 5/29, 7/10, 8/21</i>	WEDNESDAY <i>3/7, 4/18, 5/30, 7/11, 8/22</i>	THURSDAY <i>3/8, 4/19, 5/31, 7/12, 8/23</i>	FRIDAY <i>3/9, 4/20, 6/1, 7/13, 8/24</i>
<b><u>Appetizer</u></b> <i>Optional</i>					
<b><u>Entrée</u></b> <i>Required: 3 oz (cooked) protein or equivalent</i>					
<b><u>Grains</u></b> <i>Required: 1-2 servings</i>					
<b><u>Vegetables</u></b> <i>Required: 1-2 servings</i>					
<b><u>Fruit &amp; Fruit Juice</u></b> <i>Required: 1-2 servings</i>					
<b><u>Milk &amp; Yogurt</u></b> <i>Required: 1 serving (8 oz)</i>					
<b><u>Dessert</u></b> <i>Optional</i>					
<b><u>Condiments</u></b> <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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Senior Center Name: \_\_\_\_\_ Borough: \_\_\_\_\_ Menu Cycle Spring/Summer 2012 Week: 2

<b>MENU ITEMS</b>	<b>MONDAY</b> <i>3/12, 4/23, 6/4, 7/16, 8/27</i>	<b>TUESDAY</b> <i>3/13, 4/24, 6/5, 7/17, 8/28</i>	<b>WEDNESDAY</b> <i>3/14, 4/25, 6/6, 7/18, 8/29</i>	<b>THURSDAY</b> <i>3/15, 4/26, 6/7, 7/19, 8/30</i>	<b>FRIDAY</b> <i>3/16, 4/27, 6/8, 7/20, 8/31</i>
<b><u>Appetizer</u></b> <i>Optional</i>					
<b><u>Entrée</u></b> <i>Required: 3 oz (cooked) protein or equivalent</i>					
<b><u>Grains</u></b> <i>Required: 1-2 servings</i>					
<b><u>Vegetables</u></b> <i>Required: 1-2 servings</i>					
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Senior Center Name: \_\_\_\_\_ Borough: \_\_\_\_\_ Menu Cycle Spring/Summer 2012 Week: 3

MENU ITEMS	MONDAY <small>3/19, 4/30, 6/11, 7/23</small>	TUESDAY <small>3/20, 5/1, 6/12, 7/24</small>	WEDNESDAY <small>3/21, 5/2, 6/13, 7/25</small>	THURSDAY <small>3/22, 5/3, 6/14, 7/26</small>	FRIDAY <small>3/23, 5/4, 6/15, 7/27</small>
<b><u>Appetizer</u></b> <i>Optional</i>					
<b><u>Entrée</u></b> <i>Required: 3 oz (cooked) protein or equivalent</i>					
<b><u>Grains</u></b> <i>Required: 1-2 servings</i>					
<b><u>Vegetables</u></b> <i>Required: 1-2 servings</i>					
<b><u>Fruit &amp; Fruit Juice</u></b> <i>Required: 1-2 servings</i>					
<b><u>Milk &amp; Yogurt</u></b> <i>Required: 1 serving (8 oz)</i>					
<b><u>Dessert</u></b> <i>Optional</i>					
<b><u>Condiments</u></b> <i>Optional: Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise</i>					

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NYC DEPARTMENT FOR THE AGING  
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Senior Center Name: \_\_\_\_\_ Borough: \_\_\_\_\_ Menu Cycle Spring/Summer 2012 Week: 4

MENU ITEMS	MONDAY <i>3/26, 5/7, 6/18, 7/30</i>	TUESDAY <i>3/27, 5/8, 6/19, 7/31</i>	WEDNESDAY <i>3/28, 5/9, 6/20, 8/1</i>	THURSDAY <i>3/29, 5/10, 6/21, 8/2</i>	FRIDAY <i>3/30, 5/11, 6/22, 8/3</i>
<b><u>Appetizer</u></b> <i>Optional</i>					
<b><u>Entrée</u></b> <i>Required: 3 oz (cooked) protein or equivalent</i>					
<b><u>Grains</u></b> <i>Required: 1-2 servings</i>					
<b><u>Vegetables</u></b> <i>Required: 1-2 servings</i>					
<b><u>Fruit &amp; Fruit Juice</u></b> <i>Required: 1-2 servings</i>					
<b><u>Milk &amp; Yogurt</u></b> <i>Required: 1 serving (8 oz)</i>					
<b><u>Dessert</u></b> <i>Optional</i>					
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Senior Center Name: \_\_\_\_\_ Borough: \_\_\_\_\_ Menu Cycle Spring/Summer 2012 Week: 5

MENU ITEMS	MONDAY <i>4/2, 5/14, 6/25, 8/6</i>	TUESDAY <i>4/3, 5/15, 6/26, 8/7</i>	WEDNESDAY <i>4/4, 5/16, 6/27, 8/8</i>	THURSDAY <i>4/5, 5/17, 6/28, 8/9</i>	FRIDAY <i>4/6, 5/18, 6/29, 8/10</i>
<b><u>Appetizer</u></b> <i>Optional</i>					
<b><u>Entrée</u></b> <i>Required: 3 oz (cooked) protein or equivalent</i>					
<b><u>Grains</u></b> <i>Required: 1-2 servings</i>					
<b><u>Vegetables</u></b> <i>Required: 1-2 servings</i>					
<b><u>Fruit &amp; Fruit Juice</u></b> <i>Required: 1-2 servings</i>					
<b><u>Milk &amp; Yogurt</u></b> <i>Required: 1 serving (8 oz)</i>					
<b><u>Dessert</u></b> <i>Optional</i>					
<b><u>Condiments</u></b> <i>Optional: Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise</i>					

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Senior Center Name: \_\_\_\_\_ Borough: \_\_\_\_\_ Menu Cycle Spring/Summer Week: 6

<b>MENU ITEMS</b>	<b>MONDAY</b> <i>4/9, 5/21, 7/2, 8/13</i>	<b>TUESDAY</b> <i>4/10, 5/22, 7/3, 8/14</i>	<b>WEDNESDAY</b> <i>4/11, 5/23, 7/4, 8/15</i>	<b>THURSDAY</b> <i>4/12, 5/24, 7/5, 8/16</i>	<b>FRIDAY</b> <i>4/13, 5/25, 7/6, 8/17</i>
<b><u>Appetizer</u></b> <i>Optional</i>					
<b><u>Entrée</u></b> <i>Required: 3 oz (cooked) protein or equivalent</i>					
<b><u>Grains</u></b> <i>Required: 1-2 servings</i>					
<b><u>Vegetables</u></b> <i>Required: 1-2 servings</i>					
<b><u>Fruit &amp; Fruit Juice</u></b> <i>Required: 1-2 servings</i>					
<b><u>Milk &amp; Yogurt</u></b> <i>Required: 1 serving (8 oz)</i>					
<b><u>Dessert</u></b> <i>Optional</i>					
<b><u>Condiments</u></b> <i>Optional: Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise</i>					

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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 1 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