

NUTRITION MENU PLAN

N.Y.C. DEPARTMENT FOR THE AGING
BUREAU OF COMMUNITY SERVICES
NUTRITION SERVICES

Regular Menus

MENU ITEMS	1	2	3	4	5	6	7
APPETIZER (optional) Juice,soup,other	Vegetable Noodle Soup	Orange Juice	Vit. C Enriched Cranberry Juice	Orange Juice	Vit. C Enriched Apple Juice	Orange Juice	Blended Juice
MAIN DISH: Meat, fish, poultry, cheese or alternate 3 oz. cooked edible serving	Broccoli & Cheese Casserole	Chicken Cacciatore	Salisbury Steak w/ Mushroom Sauce	Baked Fish Fillets With Lemon	Beef Liver with Onions	Chicken Breast With Mushroom Sauce	Baked Fish Fillets With Tartar Sauce
If served, rice or pasta – ½cup		Egg Noodles			Rice Pilaf	Tri Color Pasta	Baked Macaroni & Cheese
VEGETABLES & FRUITS* Two (2) half cups required daily	Mixed Vegetable Tossed Salad	Spinach	Mashed Potatoes Kale	Succotash Stewed Tomatoes w/Okra	Sliced Carrots	Broccoli	Green Beans with Diced Peppers
BREAD: (Whole Grain or Enriched) One (1) serving daily.	Italian Bread	Italian Bread	Whole Wheat	Corn Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
MARGARINE OR BUTTER: One (1) tsp. daily.	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
DESSERT: ½cup daily	Fresh Orange	Banana	Fruited Jello	Apricot Halves	Sliced Pineapple topped w/ Cherry	Apple	Apricots Halves
MILK: 8 oz.	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low fat Milk	Low Fat Milk

(*) You must serve a high source of Vitamin C on a daily basis and a high source of Vitamin A three (3) times per week. These nutrients can be obtained either from your VEGETABLES & FRUITS servings or the DESSERT.

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MENU ITEMS	15	16	17	18	19	20	21
APPETIZER (optional) Juice,soup,other	Vit. C Enriched Cranberry Juice	Orange Juice	Orange & Grapefruit Blended Juice	Vit. Enr. Apple Juice	Vit. C Enriched Pineapple Juice	Vit. C Enriched Grape Juice	Orange Juice
MAIN DISH: Meat, fish, poultry, cheese or alternate 3 oz. cooked edible serving	Barbecue Chicken	Baked Fish with Creole sauce	Veal & Peppers	Chicken Teriyaki	Vegetable Lasagna plus 1 Slice Cheese	Lemon Chicken	Herbed Chicken
If served, rice or pasta – ½cup			Rice	Rice			Rice Pilaf
VEGETABLES & FRUITS* Two (2) half cups required daily	Sweet Potato Collard Greens	Roasted Potatoes Whole Green Beans	Baby Carrots	Oriental Blend Vegetable	Italian Blend Veg. Chick Pea & Onion Salad	Corn on Cob Collard Greens	Broccoli
BREAD: (Whole Grain or Enriched) One (1) serving daily.	Whole Wheat Bread	Corn Bread	Whole Wheat Bread	Whole Wheat Bread	Italian Garlic Bread	Whole Wheat Bread	Whole Wheat Bread
MARGARINE OR BUTTER: One (1) tsp. daily.	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
DESSERT: ½cup daily	Apple	Apricots	Fruit Cocktail	Cantaloupe	Apricots	Banana	Fruit Cocktail
MILK: 8 oz.	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk

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MENU ITEMS	8	9	10	11	12	13	14
APPETIZER (optional) Juice,soup,other	Vit. C Enriched Apple Juice	Blended Juice	Orange Juice	Vit. C Enriched Grape Juice	Vit C. Enriched Cranberry Juice	Blended Juice	Vit C. Enriched Apple Juice
MAIN DISH: Meat, fish, poultry, cheese or alternate 3 oz. cooked edible serving	Meatloaf with Mushroom Gravy	Oven Baked Chicken	Baked Pork Chop	Pepper Steak	Roast Beef AuJus	Beef Stew	Low sodium Baked Ham
If served, rice or pasta – ½cup		Rice Pilaf		Rice		Egg Noodles	
VEGETABLES & FRUITS* Two (2) half cups required daily	Mashed Potatoes Dill Carrots	Kale	Baked Yams Green Beans	California Blend Vegetables	Baked Potato Broccoli	Mixed Greens with Dressing	Sweet Potatoes Green Beans Almondine
BREAD: (Whole Grain or Enriched) One (1) serving daily.	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
MARGARINE OR BUTTER: One (1) tsp. daily.	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
DESSERT: ½cup daily	Purple Plums	Vanilla Pudding	Applesauce	Pears	Fresh Apple	Apricots	Fresh Orange
MILK: 8 oz.	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low fat Milk

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MENU ITEMS	22	23	24	25	26	27	28
APPETIZER (optional) Juice,soup,other	Orange Juice	Vit. C Enriched Apple Juice	Vit. Enr Pineapple Juice	Vit. C Enr Cranberry Juice	Vitamin C Enriched Grape Juice	Lentil Soup	Orange Juice
MAIN DISH: Meat, fish, poultry, cheese or alternate 3 oz. cooked edible serving If served, rice or pasta – ½cup	Meatballs in Tomato Sauce	Roast Pork with Applesauce	Oven Fried Fish	Roast chicken	Baked Ziti with Cheese and 4oz. Meat Sauce	Cheese Burger with ketchup	Meat Lasagna
	Spaghetti	Yellow Rice					
VEGETABLES & FRUITS* Two (2) half cups required daily	Italian Blend Veg	Mustard Greens	Obrien Potatoes Stewed Tomatoes with Celery	Baked Yams Turnip Greens	Mixed Vegetable Green Salad/Dressing	Home Fries Lettuce & Tomato	Broccoli Lettuce & Tomato Salad/Dressing
BREAD: (Whole Grain or Enriched) One (1) serving daily.	Whole Wheat Bread	Whole Wheat Bread	Corn Bread	Whole Wheat Bread	Italian Bread	Bun	Garlic Bread
MARGARINE OR BUTTER: One (1) tsp. daily.	Margarine	Margarine	Margarine	Margarine	Margarine	Low Fat Mayonnaise	Margarine
DESSERT: ½cup daily	Apricots	Banana	Cantaloupe	Peaches	Rice Pudding topped with Cherry	Cantaloupe	Tropical Fruit Salad
MILK: 8 oz.	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk

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REGULAR STANDARDIZED MENUS

MENU ITEMS	29	30	31	32	33	34	35
APPETIZER (Optional) Juice, Soup, other	Enriched Cranberry Juice	Vegetable Soup	Enriched Pineapple Juice	Chicken Noodle Soup	Orange Juice	Enriched Apple Juice	Orange Juice
MAIN DISH Meat, fish, poultry, cheese or alternate 3 oz. cooked edible serving	Roasted Chicken Leg	Salisbury Steak w/ Onion Gravy	Stuffed Shells w/ Cheese	Beef Knockwurst w 1 Tbs. Sauerkraut	Beef Stew	Meat Lasagna	Hawaiian Chicken
If Served, rice or pasta ½ cup					Rice		Rice
VEGETABLES/FRUITS* Two (2) half cups required daily	Baked Yams Broccoli Medley w/Cauliflower	Baked Potato Chopped Broccoli w/ Red Peppers	Seasoned Zucchini Green Salad	Baked Beans French Style Green Beans	Kale with Diced Fresh Tomatoes	Italian Blend Vegetables Green salad	Kale
BREAD: (Whole Grain or Enriched) One (1) serving daily	Dinner Roll	Whole Wheat Bread	Italian Bread	Rye Bread	Whole Wheat Bread	Italian Bread	Whole Wheat Bread
MARGARINE, BUTTER OR NUT BUTTER One (1) tsp. daily	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
DESSERT: ½ cup daily	Fresh Apple	Fresh Oranges	Pears	Grapefruit Half	Peaches	Cantaloupe	Apple
MILK: (Rice, Soy, Almond) 8 oz.	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low fat Milk

REGULAR STANDARDIZED MENUS

MENU ITEMS	36	37	38	39	40	41	42
APPETIZER (Optional) Juice, Soup, other	Orange Juice	Enriched Apple Juice	Enriched Pineapple Juice	Orange Juice	Enriched Cranberry Juice	Bean Soup	Vit. C Enriched Pineapple Juice
MAIN DISH Meat, fish, poultry, cheese or alternate 3 oz. cooked edible serving	Stuffed Peppers	Cheeseburger With relish	Pot Roast of Beef Au Jus	Oven Fried Chicken Breast	Jumbo Stuffed Shells w/ Meat Sauce	Broiled Fish Steak w/ Vegetable Sauce	Stuffed Cabbage With Meat sauce
If Served, rice or pasta ½ cup				Penne Pasta			Noodles
VEGETABLES/FRUITS* Two (2) half cups required daily	Baby Carrots Tossed salad	Steak Fries Lettuce Salad with Tomato & Carrots	Parslied Potato Broccoli Florets	Mixed Vegetables	Green Beans Sliced Tomatoes	Succotash Spinach	Peas & Carrots
BREAD: (Whole Grain or Enriched) One (1) serving daily	Whole Wheat Bread	Hamburger Roll	Rye Bread	Pumpnickel Bread	Garlic Bread	Whole Wheat Bread	Rye Bread
MARGARINE, BUTTER OR NUT BUTTER One (1) tsp. daily	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
DESSERT: ½ cup daily	Banana	Watermelon	Mixed Fruits	Chocolate Pudding topped w/Cherry	Sliced Peaches	Fresh Oranges	Chocolate Pudding topped w/Cherry
MILK: 8 Oz.	Low Fat Milk	Low Fat Milk Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk

REGULAR STANDARDIZED MENUS

MENU ITEMS	43	44	45	46	47	48	49
APPETIZER (Optional) Juice, Soup, other	Enriched Apple Juice	Orange Juice	Blended Juice	Split Pea Soup	Enriched Grape Juice	Minestrone Soup	Vit. C Enriched Cranberry juice
MAIN DISH Meat, fish, poultry, cheese or alternate 3 oz. cooked edible serving	Turkey Loaf With Creole Sauce	Pepper Steak	Smothered Chicken Breast with Onions & Green Peppers	Smoked Beef Sausage with Green Peppers & Onions	Corned Beef	Tuna Noodle Casserole w/ Mushroom	Turkey Burger
If Served, rice or pasta ½ cup	Rice & Beans	Egg Noodles	Brown Rice				
VEGETABLES/FRUITS* Two (2) half cups required daily	Kale	Lettuce Salad w/ tomato & carrots	Broccoli & Diced Carrots	Lyonnaise Potatoes Mixed Vegetables	Boiled Potato Sauteed cabbage	Peas & Carrots Tossed salad	Home Fries Lettuce & Sliced Tomatoes
BREAD: (Whole Grain or Enriched) One (1) serving daily	Rye Bread	Whole Wheat Bread	Whole Wheat Bread	Italian Bread	White Bread	Pumpernickel Bread	Roll
MARGARINE, BUTTER OR NUT BUTTER One (1) tsp. daily	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
DESSERT: ½ cup daily	Fresh Pears	Plums	Applesauce	Orange	Apricots	Banana	Orange & Grapefruit Sections
MILK: (Rice, Soy, Almond) 8 oz.	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk