

CATHOLIC CHARITIES

Monday	Tuesday	Wednesday	Thursday	Friday
BBQ Pulled Pork on Bun Baked Beans Buttered Corn Mandarin Oranges	Swiss Steak Rice Carrots Buttered Peas Pineapple Wheat Bread & Margarine	Orange Basil Chicken Breast Roasted Potatoes Buttered Spinach Lingine Salad Fruit Cocktail Wheat Dinner Roll & Margarine	Turkey Ala King Pasta Mixed Vegetables Juice Applesauce Italian Bread & Margarine	Pork Tenderloin w/Herb Gravy Mashed Potatoes Buttered Peas Garden Salad w/Dressing Vanilla Wafers Wheat Bread & Margarine
Italian Roast Beef Buttered Sweet Potatoes Steamed Green Beans Peas Graham Crackers Wheat Dinner Roll & Margarine	Chicken Parmesan Spaghetti Buttered Broccoli Juice Emerald Peas Italian Bread & Margarine	Herb Roasted Turkey Herb Stuffing Seasoned Lima Beans Caesar Salad Fresh Fruit Wheat Bread & Margarine	Polish Sausage on Bun Warm German Potato Salad Sauerkraut Fruit Cocktail	Hawaiian Pork Rice Pilaf Mixed Vegetables Green Pea Salad Juice Wheat Dinner Roll & Margarine
Beef & Pepper Steak Parmesan Roasted Potatoes Steamed Carrots Graham Crackers Mandarin Oranges Rye Bread & Margarine	Creamy Garlic Luau Ham Confetti Rice Broccoli Florets Juice Pears Vanilla Wafers Applesauce Wheat Bread & Margarine	Luau Ham Confetti Rice Broccoli Florets Juice Pears Wheat Dinner Roll & Margarine	Savory Roast Pork Buttered Noodles California Vegetables Tossed Salad w/Dressing Fresh Fruit Wheat Bread & Margarine	Hamburger on Bun Tomato & Lettuce Cheesy Mashed Potatoes Green Peas Fruit Cocktail Ketchup
Chicken Marsala Whipped Sweet Potatoes Lima Beans Juice Vanilla Wafers Wheat Dinner Roll & Margarine	Meatballs with Tomato Sauce on Bun Potato Wedges Confetti Corn Cantaloupe Tartar Sauce	Breaded Fish Square on Bun Potato Wedges Confetti Corn Cantaloupe Tartar Sauce	Grilled Pork Chop Lemon Rice Summer Squash Garden Salad w/Dressing Mandarin Oranges Wheat Bread & Margarine	Hot Dog on Bun Baked Beans Chuck Wagon Corn Cole Slaw Fresh Fruit Ketchup

8 oz low fat milk served at each meal
 Nutritionist

Approved by Joy Oliver RD LDN Registered Dietitian /Licensed
 Joy Oliver RD LDN June 24, 2021

IDOA Menu Approval Sheet

for use with

Meal Pattern for Senior Nutrition Programs

Manuals
2-17-Sept 2021

Refer to IDOA Menu Standards for portion sizes, frequency and nutrient content. Minimum and maximum amounts indicated are for one week of menus.

Food Group	Total - 1 Meal per Day		Total - 2 Meals per Day		Total - 3 meals per Day	
	Minimum	Check	Minimum	Check	Minimum	Check
Protein Foods	3 oz-eq.	Suggested for variety when planning menus, but are not requirements.	6 oz-eq.	Suggested for variety when planning menus, but are not requirements.	6 oz-eq.	Suggested for variety when planning menus, but are not requirements.
	9oz-eq/week		18oz-eq/week		26oz-eq/week	
	Fish/Seafood (oz-eq/week)		6oz-eq/week		9oz-eq/week	
Meat, Poultry, Eggs (oz-eq/week)	2oz-eq/week	3.5oz-eq/week	Ground red meat (fat >10%) no more than 4x/wk	Ground red meat (fat >10%) no more than 6x/wk	Ground red meat (fat >10%) no more than 6x/wk	
Nuts, Seeds, Soy Products, Legumes (oz-eq/week)	3oz-eq/week	6oz-eq/week	Ground red meat (fat >10%) no more than 4x/wk	Ground red meat (fat >10%) no more than 6x/wk	Ground red meat (fat >10%) no more than 6x/wk	
Limit	more than 2x/wk	Yes	more than 2x/wk	more than 4x/wk	more than 6x/wk	
	more than 10% no		more than 10% no	more than 10% no	more than 10% no	
Notes: Limiting cured/processed meats such as bacon, hotdogs, bologna, and luncheon meats to no more than 1X/week per meal can help with meeting the DRI for sodium. A 3oz-eq. meat alternative for a meal can meet the protein requirement for vegetarian/vegan diet.						
Vegetables	1 cup-eq.	Yes	2 cup-eq.		2 1/2 cup-eq.	Check
Note: A least one serving from each of the five vegetable subgroups must be included in a weekly menu.						
Dark-Green	Some examples: Broccoli, spinach, romaine lettuce, collards, kale.					
Red & Orange	Some examples: tomatoes, sweet potatoes, red peppers, winter squash, pumpkin, carrots.					
Beans, Peas, Lentils	Some examples: cooked dry beans, split peas, edamame, lentils.					
Starchy Vegetables	Some examples: corn, potatoes, green peas, lima beans.					
Other Vegetables	Some examples: iceberg lettuce, cabbage, asparagus, avocado, onions, zucchini, cauliflower, beets.					
Notes: May serve an additional vegetable equivalent instead of fruit. Beans and lentils are both in the Vegetables Group and Protein Group, however, can count as only one group in a meal.						
Fruits	1/2 cup-eq.	Yes	1 1/2 cup-eq.		2 cup-eq.	
Note: May serve additional fruit(s) equivalents instead of vegetables.						
Fruits and Vegetables	1 rich or 2 fair servings 2-3x/wk	Yes	1 rich or 2 fair servings 4-6x/wk		1 rich or 2 fair servings 4-6x/wk	
Fruits and Vegetables	1 rich or 2 fair servings daily	Yes	2 rich or 4 fair servings daily		3 rich or 6 fair servings daily	
Grains	2oz-eq.	Yes	4oz-eq.		6oz-eq.	
Note: Preferably at least half of the servings per meal should come from whole grain sources. For example, for serving 2 meals per day, at least 2oz-eq. of whole grains would be served. Refer to "Menu Standards Brief Description" on the next page for examples.						

This Menu Approval Sheet should not be altered in any way and is intended for all nutrition programs.

Food Group	Total - 1 Meal per Day		Total - 2 Meals per Day		Total - 3 meals per Day	
	Minimum	Check	Minimum	Check	Minimum	Check
Milk	1 cup-eq.	Yes	2 cup-eq.		3 cup-eq.	
Energy (kcal)	No less than 600 Average of 685 for the week	Avg 734	No less than 1235 Average of 1370 for the week		No less than 2000 Average of <2054 for the week	
Sodium Limit	Present Goal: **800 mg-1000 mg or less (900 mg averaged over one week)	Avg 860 mg	1600 mg or less (1700 mg averaged over one week)		2300 mg or less (2400 mg averaged over one week)	
Total fat Limit (20%-35% kcal)	Fat (15-26 g)	Avg 25.4 g	Fat (29-52 g)		Fat (44-78 g)	

Menu Standards Brief Description

Food Group	Equivalent Reference	Examples of Common Portion Sizes	Target for 1 Meal
Protein Foods Note: for individuals that regularly eat meat, poultry, fish, count beans and peas in the vegetable group, however a combination of meat and peas/beans can meet the protein recommendation.	1oz protein eq. 2oz protein eq. 3oz protein eq.	1 large egg OR 1oz natural cheese = 1oz protein eq. 2 Tbsp peanut butter OR 1oz of nuts/seeds OR 1 soy or bean burger patty OR 1/2 cup (~4oz) tofu OR 1/2 cup roasted soybeans OR 1/2 cup cooked beans, peas, lentils OR 1 cup lentil, split pea or bean soup = 2oz protein eq. 3oz boneless skinless chicken breast (edible portion, no coating) = 3oz protein eq.	3oz-eq.
Vegetables	1/2 cup-eq. 1 cup-eq.	1 cup raw spinach = 1/2 cup veggie eq. 1 cup raw or cooked chopped broccoli OR 1 cup cooked potatoes, peas, beans, corn OR 1 cup tomato juice OR 2 cups raw leafy greens (e.g. spinach, romaine) = 1 cup veggie eq.	1 cup-eq.
Fruits	1/2 cup-eq. 1 cup-eq.	4oz applesauce container OR 4oz drained canned fruit OR 1/2 cup dried fruit or 1/2 cup 100% fruit juice = 1/2 cup fruit eq. 1 large banana OR 1 cup melon balls OR 1 cup grapes OR 1 large orange OR 1 cup 100% fruit juice = 1 cup fruit eq.	1/2 cup-eq.
Grains Note: preferably at least half of the servings are coming from whole grains.	1 oz-eq.	1 cup of milk, calcium fortified milk alternative OR 1 cup of yogurt OR 1/2 oz natural cheese OR 1/2 cup evaporated milk OR 1/3 cup shredded cheese = 1 cup milk eq. cornbread 2.5" X 1 1/4" X 1 1/4" = 1oz grain eq. tortilla OR 5 crackers OR 1/2 English muffin OR 1 small piece to-eat breakfast cereal (flakes or rounds) OR 1-6-inch flour brown rice OR 1/2 cup (1oz dry) cooked pasta OR 1 cup ready-1/2 cup cooked oatmeal OR 1/2 cup (1oz dry) cooked white or large orange OR 1 cup 100% fruit juice = 1 cup fruit eq.	2oz-eq.
Milk Note: low-fat milk is preferred.	1 cup-eq.		1 cup-eq.

I certify that, to the best of my knowledge, each meal in the attached menus follows the current Dietary Reference Intakes of the National Academies of Sciences, Engineering, and Medicine and conforms to the most recent Dietary Guidelines for Americans.

Signature: Joy Oliver RD RDW Date: June 24, 2021

This Menu Approval Sheet should not be altered in any way and is intended for all nutrition programs.

Maravella's Inc.

CATHOLIC CHARITIES

Institutional Catering July, August & September 2021
 Regular Congregate & Home Delivered Meals (847) 587-6100

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Monday	Turkey & Swiss on Wheat Bread Cole Slaw Juice Pineapple	Steak Bomb on Bun Pea Salad Black Bean Salad Mandarin Oranges	Chicken Salad on Rye Broccoli Salad Chopped Tomatoes Peaches	Ham & American Cheese on Wheat Bread Carrot Salad Green Bean Salad Juice	Southwest Chicken Wrap Cucumber Slices Marinated Corn Salad Graham Crackers Fruit Cocktail
Tuesday	Turkey & Swiss on Rye Potato Salad Juice Pears	Tuna Salad on Bun Carrot Salad Pea Salad Peaches	Roast Beef & American Cheese on Wheat Chopped Tomatoes Applesauce	Avocado Turkey Wrap Kidney Bean Salad Cucumber Slices Pineapple Graham Crackers	Chicken Salad on Wheat Broccoli Salad Chopped Tomatoes Fresh Fruit
Wednesday	Turkey, Ham & Swiss on Bun Pineapple Cole Slaw Green Bean Salad Fruit Cocktail	Po' Boy on Wheat Bread Beet Salad White Bean Salad Mandarin Oranges	Tuna Salad on Wheat Broccoli Salad Chopped Tomatoes Peaches	Turkey Club Sandwich Carrot Salad Green Pea Salad Pineapple	Roast Beef & American Cheese on Wheat Bread Potato Salad Cucumber Slices Fresh Fruit
Thursday	Ham & American Cheese on Bun Broccoli Salad Applesauce Juice	Chicken Salad on Bun Pea Salad Black Bean Salad Pears	Roast Beef & American Cheese on Wheat Cole Slaw Chopped Tomatoes Mandarin Oranges	Turkey & Swiss on Wheat Bread Carrot Salad Chopped Tomatoes Fresh Fruit	Tuna Salad on Rye Potato Salad Chopped Tomatoes Fruit Cocktail

8 oz low fat milk served at each meal
 Nutritionist

Approved by Joy Oliver RD LDN Registered Dietitian/Licensed
 Joy Oliver RD LDN June 24, 2021

Marulek's Cold menu
July - Sept 2021

IDOA Menu Approval Sheet
for use with
Meal Pattern for Senior Nutrition Programs

Refer to IDOA Menu Standards for portion sizes, frequency and nutrient content.
Minimum and maximum amounts indicated are for one week of menus.

Food Group	Total - 1 Meal per Day		Total - 2 Meals per Day		Total - 3 meals per Day	
	Minimum	Check	Minimum	Check	Minimum	Check
Protein Foods	3 oz-eq.		6 oz-eq.		6 oz-eq.	
	Meat, Poultry, Eggs	90z-eq/week	180z-eq/week		260z-eq/week	
	Fish/Seafood	30z-eq/week	60z-eq/week		90z-eq/week	
Nuts, Seeds, Soy	2oz-eq/week		3.5oz-eq/week		oz-eq/week	
	Products, Legumes	20z-eq/week	3.5oz-eq/week		oz-eq/week	
	(oz-eq/week)					
Limit	Ground red meat	more than 2x/wk	Ground red meat	more than 4x/wk	Ground red meat	more than 6x/wk
	(fat >10%) no		(fat >10%) no		(fat >10%) no	
		✓				
Protein Foods	3 oz-eq.		6 oz-eq.		6 oz-eq.	
	Meat, Poultry, Eggs	90z-eq/week	180z-eq/week		260z-eq/week	
	Fish/Seafood	30z-eq/week	60z-eq/week		90z-eq/week	
Nuts, Seeds, Soy	2oz-eq/week		3.5oz-eq/week		oz-eq/week	
	Products, Legumes	20z-eq/week	3.5oz-eq/week		oz-eq/week	
	(oz-eq/week)					
Limit	Ground red meat	more than 2x/wk	Ground red meat	more than 4x/wk	Ground red meat	more than 6x/wk
	(fat >10%) no		(fat >10%) no		(fat >10%) no	
		✓				
Vegetables	1 cup-eq.	✓	2 cup-eq.		2 1/2 cup-eq.	Check
	Note: A least one serving from each of the five vegetable subgroups must be included in a weekly menu.					
Dark-Green	Some examples: Broccoli, spinach, romaine lettuce, collards, kale.					
Red & Orange	Some examples: tomatoes, sweet potatoes, red peppers, winter squash, pumpkin, carrots.					
Beans, Peas, Lentils	Some examples: cooked dry beans, split peas, edamame, lentils.					
Starchy Vegetables	Some examples: corn, potatoes, green peas, lima beans.					
Other Vegetables	Some examples: iceberg lettuce, cabbage, asparagus, avocado, onions, zucchini, cauliflower, beets.					
Notes: May serve an additional vegetable equivalent instead of fruit. Beans and lentils are both in the Vegetables Group and Protein Group, however, can count as only one group in a meal.						
Fruits	1/2 cup-eq.	✓	1 1/2 cup-eq.		2 cup-eq.	
Note: May serve additional fruit(s) equivalents instead of vegetables.						
Fruits and Vegetables	1 rich or 2 fair servings 2-3x/wk	✓	1 rich or 2 fair servings 4-6x/wk		1 rich or 2 fair servings 4-6x/wk	
Fruits and Vegetables	1 rich or 2 fair servings daily	✓	2 rich or 4 fair servings daily		3 rich or 6 fair servings daily	
Grains	2oz-eq.	✓	4oz-eq.		6oz-eq.	
Note: Preferably at least half of the servings per meal should come from whole grain sources. For example, for serving 2 meals per day, at least 2oz-eq. of whole grains would be served. Refer to "Menu Standards Brief Description" on the next page for examples.						

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	Minimum	Check	Minimum	Check	Minimum	Check
Milk	1 cup-eq.	✓	2 cup-eq.		3 cup-eq.	
Energy (kcal)	No less than 600 Average of 685 for the week	✓	No less than 1235 Average of 1370 for the week		No less than 2000 Average of <2054 for the week	
Sodium Limit	Present Goal: **800 mg-1000 mg or less (900 mg averaged over one week)	✓	1600 mg or less (1700 mg averaged over one week)		2300 mg or less (2400 mg averaged over one week)	
Total Fat Limit (20%-35% kcal)	Fat (15-26 g)	✓	Fat (29-52 g)		Fat (44-78 g)	

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Vegetables	1/2 cup-eq. 1 cup-eq.	1 cup raw spinach = 1/2 cup veggie eq. 1 cup raw or cooked chopped broccoli OR 1 cup cooked potatoes, peas, beans, corn OR 1 cup tomato juice OR 2 cups raw leafy greens (e.g. spinach, romaine) = 1 cup veggie eq.	1 cup-eq.
Fruits	1/2 cup-eq. 1 cup-eq.	4oz applesauce container OR 4oz drained canned fruit OR 1/2 cup dried fruit or 1/2 cup 100% fruit juice = 1/2 cup fruit eq. 1 large banana OR 1 cup melon balls OR 1 cup grapes OR 1 large orange OR 1 cup 100% fruit juice = 1 cup fruit eq.	1/2 cup-eq.
Grains Note: preferably at least half of the servings are coming from whole grains.	1 oz-eq.	1 cup of milk, calcium fortified milk alternative OR 1 cup of yogurt OR 1 1/2 oz natural cheese OR 1/2 cup evaporated milk OR 1/3 cup shredded cheese = 1 cup milk eq. cornbread 2.5" X 1 1/4" X 1 1/4" = 1oz grain eq. tortilla OR 5 crackers OR 1/2 English muffin OR 1 small piece to-eat breakfast cereal (flakes or rounds) OR 1-6-inch flour brown rice OR 1/2 cup (1oz dry) cooked pasta OR 1 cup ready-1/2 cup cooked oatmeal OR 1/2 cup (1oz dry) cooked white or	2oz-eq.
Milk Note: low-fat milk is preferred.	1 cup-eq.		1 cup-eq.

I certify that, to the best of my knowledge, each meal in the attached menus follows the current Dietary Reference Intakes of the National Academies of Sciences, Engineering, and Medicine and conforms to the most recent Dietary Guidelines for Americans.

Signature: Greg Oliver RD MS Date: June 24, 2021

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