

Maravela's Inc.

CATHOLIC CHARITIES

Institutional Catering

July, August & September 2024

(847) 587-6100

Regular Congregate & Home Delivered Meals

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| Cheeseburger on a Bun Potato Wedges Baked Beans Juice Ketchup | Creamy Avocado Chicken Wild Rice Lemon Buttered Broccoli Fresh Fruit Juice Wheat Bread & Margarine | Glazed Roast Pork Herb Stuffing Buttered Carrots Tomato & Onion Salad Pineapple Dinner Roll & Margarine | Open Face Hot Turkey Sandwich Mashed Potatoes Steamed Peas Juice Vanilla Wafers | Beef Tips with Gravy Egg Noodles Buttered Sweet Potatoes Garden Salad with Dressing Fresh Fruit Wheat Bread & Margarine |
| Italian Meatballs with Tomato Sauce Spaghetti Buttered Green Beans Juice Fresh Fruit Italian Bread & Margarine | BBQ Pork on Bun Herb Roasted Potatoes Mixed Vegetables Mandarin Oranges | Chicken Marsala Rice Pilaf Buttered Broccoli Juice Fresh Fruit Wheat Bread & Margarine | Roast Beef with Onion Gravy Mashed Potatoes Buttered Lima Beans Applesauce Graham Crackers Wheat Dinner Roll & Margarine | Orange Glazed Ham Rice Carrots White Bean Salad Fresh Fruit Wheat Bread & Margarine |
| Breaded Fish Parmesan Roasted Potatoes Buttered Peas Juice Tartar Sauce Graham Crackers Italian Bread & Margarine | Chicken Salsa Roja Tortilla Refried Beans Fiesta Rice Juice Fresh Fruit | Hot Dog on Bun Potato Wedges Buttered Broccoli Coleslaw Juice Ketchup | Roast Turkey with Mushroom Gravy Parsley Stuffing Whipped Sweet Potatoes Tomato, Mozzarella & Basil Salad Fresh Fruit Wheat Bread & Margarine | Pork Tenderloin with Herb Gravy Roasted Potatoes Buttered Carrots Fresh Fruit Vanilla Wafers Rye Bread & Margarine |
| Italian Beef Sandwich Potato Wedges Baked Beans Fresh Fruit | Sweet & Sour Pork Rice Lemon Buttered Broccoli Juice Mandarin Oranges Wheat Bread & Margarine | Polish Sausage on Bun Warm German Potato Salad Sauerkraut Fresh Fruit Ketchup | Italian Grilled Chicken Breast Buttered Sweet Potatoes Green Peas Juice Graham Crackers Wheat Dinner Roll & Margarine | Swiss Steak Mashed Potatoes Ginger Carrots Fresh Fruit Vanilla Wafers Wheat Bread & Margarine |

8 oz low fat milk served at each meal
Nutritionist

Approved by Joy Oliver RD LDN Registered Dietitian /Licensed

Joy Oliver RD LDN
6/30/2024

**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 (oz-eq/week) | 9oz-eq/week | Suggested for variety when planning menus, but are not requirements. | 18oz-eq/week | Suggested for variety when planning menus, but are not requirements. | 26oz-eq/week | Suggested for variety when planning menus, but are not requirements. |
| Fish/Seafood (oz-eq/week) | 3oz-eq/week ✓ | | 6oz-eq/week | | 9oz-eq/week | |
| Nuts, Seeds, Soy Products, Legumes (oz-eq/week) | 2oz-eq/week | | 3.5oz-eq/week | | oz-eq/week | |
| <i>Limit</i> | Ground red meat (fat >10%) no more than 2x/wk | ✓ | Ground red meat (fat >10%) no more than 4x/wk | | Ground red meat (fat >10%) no more than 6x/wk | |
| 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. | ✓ | 2 cup-eq. | | 2 ½ cup-eq. | |
| Note: A least one serving from each of the five vegetable subgroups must be included in a weekly menu. | | | | | | Check |
| 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 | ½ cup-eq. | | 1 ½ cup-eq. | | 2 cup-eq. | |
| Note: May serve additional fruit(s) equivalents instead of vegetables. | | | | | | |
| <i>Fruits and Vegetables</i> Vitamin A Target | 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 | |
| <i>Fruits and Vegetables</i> Vitamin C Target | 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. | | | | | | |

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

Revised April 2021

| 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. | | 2 cup-eq. | | 3 cup-eq. | |
| Energy (kcal) | No less than 600 Average of 685 for the week | Avg 736 Kcal/day | No less than 1235 Average of 1370 for the week | | No less than 2000 Average of <2054 for the week | |
| Sodium Limit Note: **800 mg or less per meal is ideal | Present Goal: **800 mg-1000 mg or less (900 mg averaged over one week) | Avg 976 mg/day | 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 25g Fat | 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 ½ cup (~4oz) tofu OR ½ cup roasted soybeans OR ½ 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 | ½ cup-eq. 1 cup-eq. | 1 cup raw spinach = ½ 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 | ½ cup-eq. 1 cup-eq. | 4oz applesauce container OR 4oz drained canned fruit OR ¼ cup dried fruit or ½ cup 100% fruit juice = ½ 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. | ½ cup-eq. |
| Grains Note: preferably at least half of the servings are coming from whole grains. | 1 oz-eq. | ½ cup cooked oatmeal OR ½ cup (1oz dry) cooked white or brown rice OR ½ cup (1oz dry) cooked pasta OR 1 cup ready-to-eat breakfast cereal (flakes or rounds) OR 1- 6-inch flour tortilla OR 5 crackers OR ½ English muffin OR 1 small piece cornbread 2.5"X 1 ¼" X 1 ¼" = 1oz grain eq. | 2oz-eq. |
| Milk Note: low-fat milk is preferred. | 1 cup-eq | 1 cup of milk, calcium fortified milk alternative OR 1 cup of yogurt OR 1 ½ oz natural cheese OR ½ cup evaporated milk OR 1/3 cup shredded cheese = 1 cup milk eq. | 1 cup-eq. |

I certify that, to the best of my knowledge, each meal in the attached menus follows the meal pattern developed by the Illinois Department on Aging and/or provides one-third of 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 RDW LDW Date: 6-30-2024

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Revised April 2021