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| **Monday**   | **Tuesday**  | **Wednesday 1, 2025****Closed** **Happy New Year**  | **THURSDAY 2, 2025**Chicken Patty Sandwich(3 oz chicken Pattie,1 ww bun1/2c lettuce, 2 slices tomato) 1/2c Roasted Brussel Sprouts 1/2c green beans w/ 1 tsp unsalted butter 1/2c SF vanilla puddingBanana | **FRIDAY 3, 2025**3oz LS Baked Dill Tilapia 1/2c LS Brown Rice Pilaf 1/2c Spinach1c Coleslaw w/ 2 TBSP Dressing WW Roll w/ 1 tsp unsalted butter1c Tropical Fruit salad |
| **MONDAY 6, 2025**Chicken w/ Mushrooms3 oz chicken breast2oz LS Gravy, 1/4c Mushrooms 1/2c Egg Noodles 1c broccoli & cauliflower1 Wheat roll w/ 1 tsp unsalted butter 1/2c peaches  | **TUESDAY 7, 2025**1c Tater Tot Casserole(3oz Beef, 1/2c mixed Vegetables, 1/4c Tater tots, 1oz Sauce)1.5c Tossed Salad w/ 2 TBSP Light Ranch DressingWheat roll w/ 1 tsp unsalted butter 1/2c SF Gelatin w/ 1/2c fruit cocktail  | **WEDNESDAY 8, 2025**Green Chile Pork Stew3 oz pork, 1/2c potatoes, 1 oz green chile1.5c Tossed salad w/ 2 TBSP Light ranch dressing1/2c Cauliflower1 6in WW tortilla1/2c Cinnamon Apples  | **THURSDAY 9, 2025** Chicken Fried Steak 3 oz Chicken fried Steak 1/3c mashed potatoes/ 1oz LS Country gravy 3/4c LS three bean salad1 sl. Wheat Bread w/ 1 tsp margarine3/4c Pears  | **FRIDAY 10, 2025**4oz Red Chile and Cheese enchiladas (2 oz RC sauce, 2 corn tortillas, 1 oz shredded cheese, 1/2c Lettuce and tomato)1/2c LS Pinto Beans1c Capri Vegetables 1/2c Light (SF) nonfat vanilla yogurt1/2c berries  |
| **MONDAY 13,2025**Salisbury Steak 3.5oz Salisbury steak 1/2c LS parlsey Potatoes1c yellow squash w/NAS Diced Tomatoes1 ww roll w/ 1 tsp unsalted butter 1 Banana 1/2c SF gelatin  | **TUESDAY 14, 2025**Ham & Cheese Sandwich(2oz LS Ham, 1 oz Swiss cheese, 2 slices ww bread, 1/2c lettuce, 1 slice tomato)1c LS Tomato soup3/4c Carrots w/ 1 tsp unsalted butter 1c grapes | **WEDNESDAY 15, 2025**Green Chile Meat and beans Burrito 3 oz ground beef, 1 oz green chile, 1/4c Pinto beans, 1 8n wheat Tortilla)1c vegetable medley w/ 1 tsp unsalted butter 1c strawberries1 chocolate chip cookie   | **THURSDAY 16, 2025**1c Chicken Pot Pie(1oz Crust, 3oz chicken, 1/2c mixed veggies, 1 oz sauce 1/2c LS beets1.5c tossed salad w/ 2 TBSP light ranch Dressing3/4c pineapples4 graham crackers  | **FRIDAY 17, 2025**Open Faced Turkey Sandwich 2 oz Turkey,1 slice wheat bread, 1oz LS gravy1/2c LS Herb Roasted Red Potatoes1c Chateau blend 6oz Light (SF) raspberry nonfat yogurt 1 medium apple  |
| **MONDAY 20,2025**Chicken Fajita (3oz chicken, 1/2c Peppers and Onions, 1 6in Flour Tortilla, 2 TBSP Salsa)1/2c Black beans and 1/4c Red bell Peppers1/2c Carrot Raisin Salad 1/2c Fruit Cocktail  | **TUESDAY 21, 2025**3/4c Beef Macaroni(3oz beef,1oz sauce,1/2c noodles)1c California blend vegetables1.5c Tossed salad w/ 2 TBSP light ranch dressing1/2c Apricots  | **WEDNESDAY 22, 2025**Pork Stir Fry(3oz Pork,1oz Sauce)1c Asian Vegetables1/2c Chow Mein Noodles 1 vegetable egg roll 1c Mandarin Oranges & PineappleFortune Cookie | **THURSDAY 23, 2025**Chicken Adovada 3 oz Diced Chicken, 2 oz red Chile Sauce 1/2c Calabacitas3/4c LS Roasted Brussel Sprouts 1 6in flour tortilla1c Tropical fruit salad  | **FRIDAY 24, 2025**Tuna Salad Sandwich 3 oz Tuna, 2 slice ww bread, 1/2c Spinach, 1 slice tomato)1/2c Tomato and Red Onion SaladOrange |
| **MONDAY 27, 2025**Cheeseburger(3oz patty, 1oz Cheese, 1 hamburger bun1/2c lettuce, 1 slice tomato, 1 slice onion)1/2c LS Potato Salad 1/2c c Green Beans1 apple  | **TUESDAY 28, 2025**Chef Salad (1.5c Romain lettuce, 1 HB Egg, 2oz Chicken, 1/4c tomatoes, 1/4c Cucumber) 2 TBSP Light Ranch Dressing)1/2c Pears  | **WEDNESDAY 29, 2025**1c Chili w/ beans(3 oz ground beef, 1/3c Tomatoes, 1/8c onion/ green pepper,1/2c red and pinto beans)1c Chateau Blend Vegetables1 slice LF corn bread w/ 1 tsp margarine1c Fruit Salad   | **THURSDAY 30, 2025**Fish and Chips(3 oz LS Tilapia 1/2c NAS French fries)1c Coleslaw w/2TBSP Dressing3/4c OkraWheat roll w/1 tsp unsalted butter1c Grapes | **FRIDAY 31,2025**Spaghetti w/ Meat sauce(3oz Meat, 3oz NAS marinara Sauce, 1/2c Pasta)1c Italian Blend3/4c Tossed Salad w/ 1 TBSP light ranch dressing 706.2Wheat r48.1oll1/2c Peach22.6es |

***Nutrient Table29.3***

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| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:****2** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** |
| Calories | 700 or more | 777.2 | 700.6 | 700.2 | 719.5 | 706.2 |
| % Carbohydrates from Calories | 45-55% | 53.0 | 47.6 | 51.8 | 47.7 | 48.1 |
| % Protein from Calories | 15-25% | 18.0 | 22.0 | 21.7 | 21.1 | 22.6 |
| % Fat from Calories | 25-35% | 29.0 | 30.4 | 26.5 | 31.2 | 29.3 |
| Saturated Fat | less than 8g | 7.6 | 8.0 | 7.9 | 6.2 | 7.4 |
| Fiber | 10g or more | 10.3 | 12.0 | 11.3 | 10.7 | 10.5 |
| Vitamin B-12 | .8ug or more | 2.0 | 1.9 | 2.4 | 2.1 | 3.1 |
| Vitamin A | 300ug RAE or more | 530.0 | 468.2 | 545.1 | 446.2 | 369.0 |
| Vitamin C | 30mg or more | 101.0 | 31.2 | 39.5 | 103.6 | 33.0 |
| Iron | 2.6mg or more | 4.4 | 4.2 | 5.4 | 4.8 | 4.9 |
| Calcium | 400mg or more | 567.3 | 513.4 | 536.8 | 442.0 | 450.2 |
| Sodium | less than 766mg | 739.2 | 710.2 | 748.2 | 752.4 | 645.2 |

This menu plan meets the standards of the Older Americans Act. This menu plan meets the lunch calorie level of 700. This menu plan meets the requirements for 1/3 DRI in protein, iron, calcium, Vitamin A, Vitamin C, Vitamin B-12, fiber and sodium. In addition, this menu plan is 45-55% of calories from Carbohydrates, 25-35% of calories from Fat and 15-25% of calories from Protein.

 Constance Rudnicki MS, RDN, LD approved on December 12, 2024