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| **MONDAY 3, 2025**  **5 oz Pepper Steak**  **(3 oz** Beef, 2 oz Peppers),  1/2c Fried Rice (1/2c Peas and carrots)  WW Roll 1 tsp margarine  1/2c Fruit Cocktail  1c Mixed Green Salad w/ 2 TBSP Light Dressing | **TUESDAY 4, 2025**  **3oz Pork Chops w/ 2oz LS Gravy**  1/2c Rice Pilaf w/ 1/2c Mushrooms  1/2c LS Stewed Tomatoes  Biscuit  1c Grapes | **WEDNESDAY 5, 2025**  **6oz Chicken Pot Pie**  (3oz Chicken, 1oz Crust, 1/2c Mixed Vegetables) 1c Tossed Salad w/ 2 TBSP Light Dressing  WW Roll w/ 1 tsp Margarine  1 Banana | **THURSDAY 6, 2025**  **5oz Green Chile Cheese Enchiladas**  (1oz Cheese, 1oz GC, 2 corn tortillas, 1/2c Lettuce and tomato)  1/2c LS Pinto Beans  1/2c Capri Vegetables  1/2c Gelatin | **TUESDAY 7, 2025**  **Spaghetti w/ Meat Sauce**  (1/2c Spaghetti, 5oz Meat Sauce (3oz Meat, 2oz NAS Marinara Sauce)  1c Italian Vegetables  1c Caesar Salad w/ 1 TBSP Dressing  Garlic Breadstick  1c Apricots |
| **MONDAY 10, 2025**  **BBQ Chicken Breast**  (3oz Chicken, 1oz LS BBQ Sauce)  1 c Tossed Salad w/ 2 TBSP Light Dressing  1/2c Cucumber and Onion Salad  Biscuit  1/2c LS Baked Beans  1c Watermelon | **TUESDAY 11, 2025**  **4oz Carne Adovada**  (3oz Pork, 2 oz RC Sauce)  1/2c LS Pinto Beans  1/2c Spinach  1 6in flour tortilla  Strawberry Shortcake  1/2c Strawberries,  1 biscuit | **WEDNESDAY 12, 2025**  **Baked Macaroni w/ Marinara Sauce**  (1/2c Macaroni, w/ 2oz Marinara Sauce, 1 oz Cheese)  Wheat Roll w/ 1 tsp Margarine  1/2c Green Beans w/ 1/3c Slivered Almonds  1c Caesar Salad w/ 2 TBSP Dressing,  1/2c Pineapple Chunks w/ 1/2c Nonfat Vanilla Greek Yogurt | **THURSDAY 13, 2025**  **Soft Beef Taco**  (1 6in Flour Tortilla, 1/2c Lettuce, tomato, .5oz Cheese, 3oz Ground Beef, 1oz Salsa)  1/2c LS Spanish Rice  1/2c Pinto Beans  1/2c beets w/ radishes  Orange | **FRIDAY 14, 2025**  **Tuna and Egg Salad Sandwich**  (3oz Tuna, 2 slices wheat bread, 1/2c Lettuce and tomato, ½ Egg, 2 slices Dill Pickle)  10 Baby Carrots  6 Celery Sticks  1/2c Mixed Fruit |
| **MONDAY 17, 2025**  **CLOSED**  **PRESIDENT’S DAY** | **TUESDAY 18, 2025**  **Chef Salad**  (1.5 cup romaine, 1 HB Egg, 1oz Turkey, 1/4c Carrots, 1/4c Cabbage, 1/4c Cucumber, 1 slice tomato, 1oz Chicken, 1oz LS Ham)  2 TBSP FF Ranch Dressing  6 LS WW Crackers  1 Fresh Pear | **WEDNESDAY 19, 2025**  **Chicken and Mushrooms**  (3oz Chicken, 1oz LS Gravy, 1/4c Mushrooms)  1/2c Penne Pasta w/ 1 tsp unsalted butter  1c Broccoli & Cauliflower  Wheat Roll/ 1 tsp Unsalted butter  1c Strawberries  1 slice SF Angel Food Cake | **THURSDAY 20, 2025**  **4oz Salisbury Steak, w/ 2oz LS Gravy**  **1/3c Scalloped Potatoes**  1c Vegetable medley w/ 1 tsp unsalted butter  1/2c spiced Peaches  Whole Wheat Roll | **FRIDAY 21 2025**  **Turkey and Cheese Sandwich**  (2oz Turkey Breast, .5oz Swiss Cheese, 2 slices wheat bread, 1/2c Lettuce and 2 slices tomato)  1/2c NAS Stewed Tomatoes w/ 1oz Green Chile  3/4c LS 3 Bean Salad  1/2c Light Vanilla nonfat yogurt |
| **MONDAY 24, 2025**  Chili Dog  (1oz turkey frank, 4oz Chili con carne, 2oz meat, 2oz sauce)  1/2 WW hot dog bun)  1/3c NAS Potato Wedges  3/4c Italian beans w/ 1 tsp unsalted butter  1/2c Light (SF) Vanilla nonfat yogurt  1c Fruit Salad | **TUESDAY 25, 2025**  1c Green Chili Chicken Posole  (2 TBSP GC, 3oz Chicken, 1/2c hominy)  1.5c Tossed salad w/ 2 TBSP light ranch dressing  1 6 in flour tortilla  Fresh Pear | **WEDNESDAY 26, 2025**  Grilled Cheese  (1 oz cheese, 2 ww slices wheat bread)  1c NAS Veggie Soup w/ 1/2c Red Kidney Beans  1 Hard Boiled Egg  1c Mandarin oranges and pineapple tidbits | **THURSDAY 27, 2025**  3oz Meatloaf  1/3c LS Mashed Potatoes  1c California blend vegetables  1 WW Roll w/ 1 tsp unsalted butter  3/4c Plums | **FRIDAY 28 2025**  3oz Chicken Thighs  12c LS Brown Rice Pilaf  1c Island blend w/ 1 tsp unsalted butter  1c Tropical Fruit Salad  ½ slice SF angel food cake |

***Nutrient Table***

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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:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **5** | **Days in Week:**  **n/a** |
| Calories | 700 or more | 701.3 | 727.7.6 | 724.5 | 706.9 |  |
| % Carbohydrates from Calories | 45-55% | 52.2 | 48.2 | 48.9 | 53.3 |  |
| % Protein from Calories | 15-25% | 19.4 | 24.3 | 25.8 | 20.5 |  |
| % Fat from Calories | 25-35% | 28.4 | 27.5 | 25.3 | 26.2 |  |
| Saturated Fat | less than 8g | 6.7 | 6.2 | 7.7 | 7.7 |  |
| Fiber | 10g or more | 10.5 | 13.0 | 10.5 | 10.2 |  |
| Vitamin B-12 | .8ug or more | 2.1 | 2.1 | 2.3 | 2.0 |  |
| Vitamin A | 300ug RAE or more | 536.7 | 584.4 | 410.3 | 346.2 |  |
| Vitamin C | 30mg or more | 32.6 | 55.7 | 40.3 | 64.4 |  |
| Iron | 2.6mg or more | 5.0 | 5.8 | 5.5 | 4.4 |  |
| Calcium | 400mg or more | 485.8 | 549.1 | 518.0 | 499.6 |  |
| Sodium | less than 766mg | 678.5 | 763.3 | 761.8 | 766.8 |  |

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 January 17, 2025