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| Monday February 3Pepper Steak(1/2c Peppers and Onions, 3oz Beef, 2oz sauce)1c Stir Fry Vegetables1/2c Brown rice1c Mandarin oranges | Tuesday February 4Asian Salad with chicken(3oz Diced chicken, 1.5c Romaine lettuce, 1/4c tomatoes, 1/4c shredded red cabbage, 1/4c shredded carrots, 1/4c cucumber, 1/2c Diced mango)2 TBSP Lite Toasted Sesame DressingWheat roll w/ 1 tsp margarine | Wednesday February 5Spaghetti w/ Meat sauce(1/2c Spaghetti6oz meat sauce (3oz ground beef, 3oz NAS marinara Sauce)1c Italian blend1.5c Tossed salad w/ 2 TBSP light Italian Dressing1 Garlic bread1 Fresh Pear  | Thursday February 6Hot Turkey Sandwich(3oz. sliced Turkey, 1 sl. Wheat Bread, 1 oz LS Gravy )1/2c Parsley Potatoes3/4c Green Beans w/ 1 tsp margarine 1/2c LS LF Broccoli Salad 1c Berries w/ 1/2c Light (SF) nonfat vanilla yogurt | Friday February 7GC Cheeseburger(2 TBSP GC, .5oz Cheese, 3oz beef, 1bun, 1/2c Lettuce, 2 slices tomato, 1 slice onion)1c California Blend Vegetables w/ 1 tsp unsalted butter 1/2c LS pinto beans1c Pineapple  |
| Monday February 10Salisbury Steak w/Mushrooms(3.5oz beef, 1/2c Mushrooms, 1oz LS Gravy)1/2c Brown Rice1/2c Broccoli w/1 tsp margarine 1c Tropical Fruit  | Tuesday February 111c RC Pork Posole(3oz Pork, 1/2c Hominy, 1 oz RC)1c Capri Veggies w/ 1 tsp margarine 6 LS WW Crackers1/2c Spiced Pears | Wednesday February 12Chicken Pot Pie(3oz chicken, 1oz Crust, 1/2c peas and carrots)1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing1c Strawberries & Peaches1/2c SF gelatin | Thursday February 13RC Smothered Bean Burrito(1 8n Flour tortilla, 3/4c LS Pinto beans, .5oz Cheese, 2oz RC Sauce), 1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing1/2c Warm Apple slices  | Friday February 14Grilled Chicken Sandwich (3oz Chicken Breast, 1/2c lettuce, 1 slice tomato, 1 bun)1/2c Potato wedges1/2c Brussel sprouts1c mixed fruit |
| Monday February 17Closed in observance of President’s Day | Tuesday February181.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing1c Stuffed Bell Pepper Casserole(1/3c pepper, 1/4c Brown Rice, 3oz Beef)Wheat roll w/ 1 tsp margarine1c Strawberries and bananas | Wednesday February 193oz LS Oven baked chicken breast w/ 2oz LS Gravy1/3c LS herb roasted potatoes3/4c carrots Wheat rollorange | Thursday February 20Beef Fajita(3oz Beef, 1/2c peppers and onion, 1 6in flour tortilla)2 TBSP Salsa1/2c LS Spanish rice 1/2c LS Pinto Beans1/2c Calabacitas 3/4c Diced Mango | Friday February 21 Chicken Alfredo(3oz Chicken, 1oz Light Alfredo sauce), 1/2c Fettuccine1c Italian Blend Vegetables3/4c Tossed Salad w/ 1 TBSP Light Italian Dressing3/4c Apricots |
| Monday February 243oz Chicken Fried Steak1/3c LS Mashed Potatoes, w/ 2oz LS Country Gravy3/4c Collard greens Wheat roll 1c Pears | Tuesday February 25Tuna salad sandwich(3/4c Tuna salad, 2 slices wheat bread, 1/2c lettuce)1/2c Carrot raisin salad 3/4c LS tomato soup1c Tropical light | Wednesday February 265oz Beef Stroganoff(3oz Beef, 2oz LS gravy)1/2c Wheat penne pasta  1/4c Mushrooms, 1c Chateau blend1c Fruit Cocktail | Thursday February 275oz Teriyaki Chicken(3oz Chicken, 1oz Sauce, 1/4c peppers and onions)1/2c Brown Rice1c Emperor vegetables Vegetable egg roll 1c Pineapple chunks and mandarin oranges  | Friday February 28Shredded BBQ Pork Sandwich(2oz shredded pork, 1oz BBQ Sauce, 1 WW hamburger bun)1/2c NAS Baked French Fries 1/2c LS three bean salad1/2c Light (SF) nonfat vanilla yogurt 1c cantaloupe  |

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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 | 702.7 | 703.4 | 711.0 | 795.6 |  |
| % Carbohydrates from Calories | 45-55% | 49.4 | 51.7 | 49.4 | 53.6 |  |
| % Protein from Calories | 15-25% | 22.9 | 20.9 | 23.8 | 19.6 |  |
| % Fat from Calories | 25-35% | 27.6 | 27.5 | 26.8 | 26.8 |  |
| Saturated Fat | less than 8g | 8.0 | 7.8 | 7.5 | 7.2 |  |
| Fiber | 10g or more | 12.1 | 10.6 | 11.9 | 10.2 |  |
| Vitamin B-12 | .8ug or more | 3.0 | 1.9 | 2.5 | 2.7 |  |
| Vitamin A | 300ug RAE or more | 485.7 | 449.9 | 665.4 | 353.3 |  |
| Vitamin C | 30mg or more | 75.3 | 71.9 | 92.5 | 57.5 |  |
| Iron | 2.6mg or more | 5.1 | 4.3 | 4.8 | 4.5 |  |
| Calcium | 400mg or more | 463.4 | 444.4 | 439.9 | 484.0 |  |
| Sodium | less than 766mg | 751.8 | 671.1 | 764.6 | 766.5 |  |

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 26, 2025