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| **Monday 3, 2025**  2oz Polish Sausage  1/2c Red cabbage w/ 1/2c Apples  1/2c Parsley Potatoes  Wheat Roll w/ 1 tsp unsalted butter  1/2c Raspberry Light Nonfat Yogurt | **Tuesday 4, 2025**  Pepper steak  (3oz Beef, 1oz LS Brown Gravy, 1/4c Peppers and onions)  1/2c Brown Rice  1c Tossed salad w/ 2 TBSP Light Ranch Dressing  1/2c Mandarin Oranges | **Wednesday 5, 2025**  Egg salad Sandwich  (1/2c Egg Salad=1 egg 2 slices wheat bread, 1/4c romaine lettuce, 2 slices tomato)  1c Spinach Salad  (1c Spinach, 1/4c red onion,1 TBSP Cranberries, 1/2c Garbanzo Beans)  2 TBSP Lite Raspberry Vinaigrette  4 LS WW Crackers  1/2c FF Sherbet | **Thrursday 6, 2025**  Soft Chicken Taco  (3oz Beef, 1/2c Lettuce and tomato,1 6in flour tortilla)  1/2c LS Pinto Beans  1/2c Calabacitas  1/2c Fruit Cocktail | **Friday 7, 2025**  3oz LS Herbed Baked Fish  1 TBSP Tartar Sauce  1/2c NAS Baked French Fries  1c Coleslaw w/ 2 TBSP Dressing  Wheat bread w/ 1tsp margarine  1c Tropical Fruit salad |
| **MONDAY 10, 2025**  4oz Hamburger Steak w/ 2oz LS Gravy  1/2c Brown Rice  1c Peas and Carrots  Wheat Roll  3/4c Fruit Salad | **TUESDAY 11, 2025**  3oz Pork Chop w/ 2oz LS Gravy  1/2c Mashed Potatoes  1/2c spinach  Wheat Roll  1/2c Bananas in ½ Vanilla Pudding | **WEDNESDAY 12, 2025**  Chicken Fajitas  (3oz Chicken, 1c Fajitas blend vegetables1 6 in flour Tortilla)  1/2c LS Pinto Beans  6 LS WW Crackers  1 Peanut Buter Cookie | **THURSDAY 13, 2025**  3oz Meatloaf  1/2c Mashed Potatoes w/ 2oz LS Gravy  1/2c Peas and Onions  Wheat Roll  1/2c Orange | **FRIDAY 14, 2025**  5oz Spinach Lasagna  (1/2c Spinach, 2oz Spinach, 1oz Cheese)  1/2c Black Beans  1c Tossed Salad w/ 2 TBSP Light Dressing  1 sl. Garlic Bread  1/2c SF Gelatin w/1/2c Plums |
| **MONDAY 17, 2025**  Spaghetti with  Marinara Sauce  (1/2c Spaghetti, 1/2c NAS Marinara Sauce, 3/4c White beans)  1c Italian Veggies  Garlic Bread  1 Fresh Pear | **TUESDAY 18, 2025**  Frito Pie  (1oz corn chips, 3oz Beef, 2oz RC, 1/2c Lettuce and tomato, 1/8c onion)  1/2c LS Pinto Beans  1/2c Spanish Slaw  1/2c Pineapple Tidbits  In 1/2c SF Gelatin | **WEDNESDAY 19, 2025**  Chicken Parmesan  over Linguini  (3oz Parm Crusted Chicken, 1oz NAS marinara Sauce, 1oz mozzarella Cheese)  1/2c Linguine  1/2c Spinach and Cauliflower w/ 1 tsp margarine  Bread Stick  1/2c Strawberries w/ ½ slice Reduced Fat Pound cake | **THURSDAY 20, 2025**  Green Chili Cheeseburger  (1 bun, 3oz Patty, 2 TBSP GC, .5oz Cheese, 1/2c Lettuce, 2 slices tomato, 1 slice onion)  1/2c Roasted Brussel Sprouts  1/2c NAS Baked French Fries  1c Grapes | **FRIDAY 21, 2025**  Tuna Salad  (3oz Light Tuna)  6 LS WW Crackers  1c vegetable Medley  1/2c SF Gelatin w/ 1/2c Bananas |
| **MONDAY 24, 2025**  Green Chile Cheese Chicken Sandwich  (3oz Chicken Breast, 1/2c Lettuce, 2 slices tomato, 1 slice onion, 1oz American Cheese, 1oz GC, 1 WW bun)  1oz Sun chips  1/2c peas  3/4c LS LF Broccoli Salad  1c Grapes | **TUESDAY 25, 2025**  Beef fajitas  (3oz Beef, 1/2c Peppers and onion, 1 6in flour tortilla, 2 TBSP Salsa)  1/2c LS Pinto beans  1/2c Glazed Carrots  1/2c Mixed berries in 1/2c SF Gelatin | **WEDNESDAY 26, 2025**  4oz Crusted Chicken parmesan  3/4c Penne pasta, 2oz No added salt marinara Sauce  1c Italian Vegetables  1c Green Salad w/ 2 TBSP Light Ranch Dressing  1 slice Garlic Bread  Bartlett pear | **THURSDAY 27, 2025**  Chicken salad  3/4c Chicken salad (3oz Chicken) w/ grapes, celery, walnuts  1c Mixed greens  1/4c Cucumber and 1/4c tomato, 1/4c Shredded carrots)  6 Wheat crackers  ½ c Cherries in Cobbler | **FRIDAY 28, 2025**  3oz LS Lemon Herb Tilapia  2 TBSP tartar sauce  1/2c Wild rice with 1/4c mushrooms  1c California vegetables  1c Coleslaw w/ 2 TBSP dressing  ½ slice Cornbread  1/2c apricots |
| **MONDAY 31, 2025**  3oz Baked Chicken thigh  1/2c LS brown rice pilaf w/ 1/2c mushrooms  3/4c Carrots  1 WW Roll  3/4c Tossed salad w/ 1 TBSP light Ranch Dressing  Orange  1/2c SF Gelatin |  |  |  | 2% milk served at meals |

***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:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **1** |
| Calories | 700 or more | 748.5 | 746.0 | 738.7 | 769.9 | 709.6 |
| % Carbohydrates from Calories | 45-55% | 51.2 | 52.4 | 50.0 | 51.4 | 46.0 |
| % Protein from Calories | 15-25% | 19.7 | 22.1 | 21.9 | 21.0 | 21.2 |
| % Fat from Calories | 25-35% | 29.1 | 25.5 | 28.1 | 27.6 | 32.8 |
| Saturated Fat | less than 8g | 7.7 | 7.9 | 7.9 | 7.4 | 8.0 |
| Fiber | 10g or more | 11.7 | 13.0 | 12.6 | 12.3 | 13.2 |
| Vitamin B-12 | .8ug or more | 2.4 | 2.3 | 2.8 | 1.8 | 1.6 |
| Vitamin A | 300ug RAE or more | 400.0 | 569.9 | 328.1 | 440.1 | 1349.9 |
| Vitamin C | 30mg or more | 53.5 | 64.5 | 49.3 | 52.6 | 90.0 |
| Iron | 2.6mg or more | 5.6 | 5.9 | 6.2 | 4.1 | 4.6 |
| Calcium | 400mg or more | 474.5 | 528.6 | 6.2 | 476.3 | 469.2 |
| Sodium | less than 766mg | 759.6 | 643.9 | 652.7 | 758.0 | 666.3 |

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 27, 2025