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| **NOTE:**  **Suggested Donation**  **$3.00**  **Menu subject to change.**  **575-253-4261** |  | 1  **Closed** | Thursday January 2  Sweet N Sour Pork  (3oz diced pork, 2 TBSP sauce, 2 tsp sesame seeds)  1/2c cooked chow mein noodles  1c broccoli and peppers and onions  Vegetable egg roll  1c Pineapple chunks and mandarin oranges | Friday January 3  3oz Grilled Chicken  2oz LS Gravy  1/2c Brown Rice  1c Normandy veg  1.5c tossed salad w/ 2 TBSP Light ranch dressing  1c. Mixed Fruit |
| Monday January 6  2 2oz Chicken Tenders  1/3c Mash Potatoes  1oz. LS Peppered gravy  1/2c LS Three bean salad  Wheat roll  1.5c Tossed salad w/ 2 TBSP light ranch Dressing  1c Strawberries w/ 2 TBSP whipped topping | Tuesday January 7  3oz LEAN country style boneless Pork Ribs  2 TBSP barbecue sauce  1/2c Black eyed peas  1/2c LS LF broccoli salad  1/2c.Warm apple Slices  1oz Wheat roll | Wednesday January 8  3oz Lean Roast Beef  1oz LS gravy  1/3c LS Herb Roasted Potatoes  1/2c Carrots w/ 1/4c onions  Wheat roll  1c Grapes | Thursday January 9  3oz Baked Chicken thigh  1/2c LS Brown Rice Pilaf w/ 1/4c mushrooms  3/4c California blend Veg  3/4c Tossed salad w/ 1 TBSP light Italian Dressing  1oz Wheat roll  1/2c spiced Peaches  1 slice SF angel food cake | Friday January 10  3/4c Chili with Beans  (3oz Beans, 1/4c LS pinto beans)  3/4c Zucchini  1oz Cornbread  1.5c Tossed Salad w/ 2 TBSP light Italian dressing  3/4c Fruit cocktail |
| Monday January 13  3/4c Ham and Beans  (2oz LS ham, 1/2c LS pinto beans)  1c Vegetable medley  1oz Cornbread  3/4c Mixed Berries w  1/2c SF gelatin | Tuesday January 14  1c. Chicken Spaghetti w/ broccoli  (3oz, diced Chicken, 1oz cheese sauce, 1/2c Spaghetti, 1/4c broccoli)  1c Italian Blend vegetables  1oz wheat roll  1/2c Apricots | Wednesday January 15  3oz. LEAN LS Herbed pork loin  2oz LS gravy  1/2c LS Brown/Wild Rice  1/2c Roasted Brussel sprouts  1.5c Tossed salad w/ 2 TBSP light Italian Dressing  Wheat roll  1/2c Applesauce= | Thursday January 16  GC Grilled Chicken Cheese Sandwich  (3oz.Chicken breast, 2 TBSP GC, 0.5oz American cheese, 1 wheat bun)  1/2c Carrot raisin salad  1/2c spinach  1/2c Mixed Fruit | Friday January 17  Soft Beef Taco  (1 6in tortilla, 3oz beef, 1/2c lettuce and tomato, 2 TBSP salsa)  1c Capri Blend vegetables  1/2c LS pinto beans  1/2c Fruit compote |
| Monday January 20  **Closed** | Tuesday January 21  Hamburger  (3oz. beef patty,wheat bun)  1/2c. Lettuce, 2 slices Tomato, 1 slice onion)  1/2c NAS Baked French fries  3/4c Broccoli spears  1c Grapes | Wednesday January 22  Chicken Pot Pie  (3oz diced chicken, 3/4c celery, onions, mixed vegetables, 1oz crust)  1/2c Beets  1.5c Tossed salad w/ 2 TBSP light Italian Dressing  banana | Thursday January 23  3oz LEAN LS HERBED Brisket  1/2c LS Parsley Potatoes  3/4c green beans  Wheat roll w/ 1 tsp margarine  3/4c Pineapple chunks | Friday January 24  1 Chili Relleno  (1 GC, 1oz breading, 1oz cheese, 2oz GC sauce)  1/2c LS Spanish Rice  1/2c Pinto Beans  1c vegetable medley  1/2c Mandarin oranges  1/2c SF gelatin |
| Monday January 27  3oz Meatloaf  1/3c Mash Potatoes  1oz LS gravy  3/4c carrots  1.5c Tossed salad w/ 2 TBSP light Italian Dressing  Wheat roll  1c Mixed Fruit | Tuesday January 28  Chicken Fajita stuffed baked potato  (3oz chicken, 1/2c peppers & onions, ½ potato)  1.5c Tossed salad w/ 2 TBSP light Italian Dressing  Wheat roll  1c Apricots | Wednesday January 29  1c Green Chili Pork Stew  (3oz pork,1/2c potatoes, diced tomatoes, 1oz green chile)  1/2c squash  3/4c Tossed salad w/ 1 TBSP light italian Dressing  Flour Tortilla  1c Strawberries and bananas | Thursday January 30  Chicken Alfredo  (3oz Chicken breast, 1oz Light alfredo sauce, 1/2c fettuccine)  Garlic Knot  1c Italian Blend Vegetables  Caesar salad  (1c Romaine lettuce, 1/2c tomatoes, 2 TBSP light Caesar Dressing  1/2c peaches  1/2c SF gelatin | Friday January 31  Loaded Nachoes  (2oz ground beef, 1/2c Pinto beans, 1oz tortilla chips, .5oz cheese, 1 TBSP guacamole, 1 TBSP sour cream)  1c Zucchini w/ NAS diced tomatoes  1/2c SF Gelatin  Orange |

***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:**  **2** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **4** | **Days in Week:**  **5** |
| Calories | 700 or more | 787.3 | 715.9 | 710.2 | 701.2 | 702.5 |
| % Carbohydrates from Calories | 45-55% | 53.2 | 48.7 | 49.6 | 50.7 | 50.3 |
| % Protein from Calories | 15-25% | 19.8 | 21.0 | 24.4 | 21.8 | 20.8 |
| % Fat from Calories | 25-35% | 27.0 | 30.2 | 26.0 | 27.5 | 28.9 |
| Saturated Fat | less than 8g | 7.8 | 7.9 | 8.0 | 8.0 | 8.0 |
| Fiber | 10g or more | 10.0 | 10.1 | 12.8 | 12.4 | 12.0 |
| Vitamin B-12 | .8ug or more | 1.4 | 2.3 | 2.2 | 2.5 | 2.0 |
| Vitamin A | 300ug RAE or more | 463.0 | 475.6 | 553.2 | 424.5 | 722.2 |
| Vitamin C | 30mg or more | 89.5 | 44.4 | 50.5 | 83.3 | 77.0 |
| Iron | 2.6mg or more | 4.2 | 4.5 | 5.3 | 5.2 | 4.1 |
| Calcium | 400mg or more | 385.1 | 443.6 | 533.6 | 473.4 | 457.5 |
| Sodium | less than 766mg | 743.4 | 764.3 | 695.8 | 538.7 | 756.9 |

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