|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday 3**  2oz Kielbasa  1/2c peppers and onions  1/2c Cabbage  1oz Cornbread  1/2c Tomato and cucumber salad  1/2c Mandarin oranges  1/2c light (SF) nonfat vanilla yogurt | **Tuesday 4**  3oz Roast Turkey  2 oz LS Gravy  1/2c parsley Potatoes  1/2c Carrots w/ onions  Wheat roll  1/2c Fruit cocktail | **Wednesday 5**  BBQ chicken  (3oz Chicken, 1 TBSP BBQ sauce)  1/2c Yams  3/4c Roasted Brussel sprouts  3/4c Tossed salad w/ 1 TBSP light ranch Dressing  Wheat roll  1/2c Pears | **Thursday 6**  3/4c Goulash  (3oz Beef, 1/2c Macaroni, 1/8c stewed tomatoes)  1c Winter blend  Wheat roll  1.5c Tossed salad w/ 2 TBSP light ranch Dressing | **Friday 7**  CLOSED |
| **Monday 10**  Hamburger  (wheat bun, 3oz patty, 1/2c lettuce, 2 slices tomato, 1 slice onion)  1.5c Tossed salad w/ 2 TBSP light Italian Dressing  1/2c LS Cowboy Beans  1/2c SF gelatin  1/2c Strawberries | **Tuesday 11**  3oz Baked Chicken  1oz LS Gravy  1/2c Zucchini  1/2c Brown Rice  1.5c Tossed salad w/ 2 TBSP light ranch Dressing  Wheat roll  1/2c Spiced Peaches | **Wednesday 12**  3oz Meatloaf w/2oz LS Gravy  1/3c LS Mashed potatoes  3/4c Green beans  Wheat roll  1.5c Tossed salad w/ 2 TBSP light ranch Dressing  1c grapes | **Thursday 13**  3oz Pork Roast  1oz LS gravy  1/2c Brown/Wild Rice blend  3/4c Tossed salad w/ 1 TBSP light Italian Dressing  1c California blend vegetables  Wheat roll  1/2c Applesauce | **Friday 14**  CLOSED |
| **Monday 17**  CLOSED | **Tuesday 18**  Hamburger veggie pizza  (1.5oz Ground beef, 0.5oz Cheese, 1oz Wheat crust, 1oz Sauce, 1/2c Peppers and onions, 2 TBSP GC)  1.5c Tossed salad w/ 2 TBSP light ranch Dressing  1c Tropical Fruit salad  1/2c Light (SF) nonfat vanilla yogurt | **Wednesday 19**  Sweet and sour Pork  (3oz Pork, 2 TBSP sauce, 1 tsp sesame seeds)  3/4c Brown rice  1c Oriental vegetables  1c Mandarin oranges and pineapple chunks | **Thursday 20**  Tuna Salad Sandwich  (3/4c Tuna salad (3oz Tuna), 2 slices wheat bread, 1/2c lettuce)  1c LS Tomato soup  3/4c Broccoli w/ 1/4c red bell peper  3/4c Tossed salad w/ 1 TBSP light Italian Dressing  1c Mixed Fruit | **Friday 21**  CLOSED |
| **Monday 24**  4oz Porcupine Meatballs  (3oz beef, 1oz rice)  1c Vegetable medley  3/4c Tossed salad w/ 1 TBSP light Italian Dressing  Wheat roll w/ 1 tsp margarine  1 Fresh Pear | **Tuesday 25**  Nacho Supreme  (1oz Tortilla chips, 1oz beef, 2 slices jalapeno slices, 2 TBSP GC, 1 tsp green onions, 1/2c Tomatoes)  1/2c Black beans  1/2c Spinach  Orange | **Wednesday 26**  Grilled cheese sandwich  (2 slices wheat bread, 1oz Swiss Cheese)  1c Minestrone soup w/ 1/4c red beans  1.5c Tossed Salad w/ 2 TBSP light Italian dressing  1c Fruit salad  1/2c Light (SF) nonfat vanilla yogurt | **Thursday 27**  8oz GC Chicken Enchiladas  (3oz Chicken, 1oz cheese, 2oz GC sauce, 1/2c lettuce and tomato, 2 corn tortilla)  1/2c Pinto beans  1c Zucchini and yellow squash  1/3cLS Spanish rice  1/2c Cinnamon Peaches  1 slice SF angel food cake | **Friday 28**  CLOSED |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **3** | **Days in Week:**  **4** | **Days in Week:**  **n/a** |
| Calories | 700 or more | 702.5 | 703.0 | 774.7 | 707.4 |  |
| % Carbohydrates from Calories | 45-55% | 47.1 | 46.9 | 52.5 | 54.8 |  |
| % Protein from Calories | 15-25% | 23.2 | 23.6 | 18.4 | 19.9 |  |
| % Fat from Calories | 25-35% | 29.7 | 29.6 | 29.1 | 25.3 |  |
| Saturated Fat | less than 8g | 7.7 | 8.0 | 8.0 | 7.9 |  |
| Fiber | 10g or more | 10.4 | 11.9 | 10.1 | 13.7 |  |
| Vitamin B-12 | .8ug or more | 2.4 | 2.5 | 2.7 | 2.1 |  |
| Vitamin A | 300ug RAE or more | 547.9 | 622.7 | 520.2 | 550.7 |  |
| Vitamin C | 30mg or more | 70.9 | 52.1 | 126.4 | 44.3 |  |
| Iron | 2.6mg or more | 4.4 | 5.0 | 4.0 | 5.3 |  |
| Calcium | 400mg or more | 467.9 | 455.8 | 520.2 | 602.9 |  |
| Sodium | less than 766mg | 738.3 | 728.9 | 758.7 | 749.4 |  |

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 15, 2025