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| DINE IN TIME11:00 AM TO 1:00 PM | Occasionally We MustSubstitute Food ItemsWe Are Sorry For TheInconvenience | Wednesday 1st, 2025NEW YEARS DAYSENIOR CENTER CLOSED | Thursday 2, 20253/4c Chicken A La King(3 oz. Chicken, 1oz. Sauce, 1/4c peas)1/2c Steam Brown Rice1c California blend vegetables 1.5c Tossed salad w/ 2 TBSP Light ranchBanana | Friday 3, 20255oz. Pork Carne Adovada(3oz Pork, 2oz RC Sauce)1c Capri Blend vegetables 1/3c LS Spanish Rice1 6in Flour Tortilla3/4c Tropical fruit Salad |
| Monday 6, 2025Chili Dog(1 oz. Frank, 4 oz. Beef Red Chili, (2oz Beef, 2oz RC), 1/2 Bun)1/3c German style Potato salad3/4c Broccoli w/ red pepper 1/2c Fruit Cocktail 1/3c SF Gelatin  | Tuesday 7, 20255oz. Swedish Meat Balls(3oz Meatballs, 2oz Sauce)1/2c Egg Noodle1/2c Mushrooms 1/2c Carrot raisin saladFresh pear  | Wednesday 8, 2025BBQ Chicken(3oz Chicken breast, 1 TBSP BBQ sauce)1/2c okra 1/2c Succotash Wheat roll w/ 1 tsp unsalted butter 3/4c Mixed Fruit  | Thursday 9, 2025Meat & Bean Burrito(3 oz. Beef, 1 oz Red Chile, 1/2c Beans, 1 8 in. Tortilla)1c Chateau blend vegetables3/4c Tossed Salad w/1TBSP Light Italian DressingOrange  | Friday 10, 20253/4c Clam Chowder(3 oz. Clams, 1/2c carrots, celery, onions, potatoes)3/4c Roasted Brussel Sprout1/2c Beets 3/4c Tossed Salad w/1T Light Ranch DressingWheat roll w/ 1 tsp unsalted butter1c Strawberries  |
| Monday 13, 2025Stuffed Potato 1 TBSP Sour Cream, 1 tsp Chives, ½ baked potato2 TBSP Green Chile, 1/2c Broccoli, 1.5c Tossed Salad w/ 1 HB egg and w/ 2T light Ranch DressingWheat roll 1/2c Berries 1c Light (SF) nonfat vanilla yogurt  | Tuesday 14, 2025Ham & Cheese Sandwich(2oz. LS Ham, 1 oz. Swiss Cheese, 2 slices wheat Bread)1c LS Tomato Soup1.5c Tossed salad w/ 2 TBSP light ranch2 Kiwi 1/3c Lemon pudding | Wednesday 15, 20253/4c Red Chile Cheese Enchiladas(1 oz. Cheese, 2oz. Red Chile Sauce, 2 Corn Tortillas, 1/2c lettuce and tomato) 1/2c LS Pinto Beans1c capri blend vegetables w/ 1 tsp unsalted butter 1c Grapes | Thursday 16, 20251/6th Spinach & Mushroom Quiche (no crust)(1 med. Eggs, 1/4c Spinach, 1/4c Mushrooms, .5oz Cheese)3/4c Tossed Salad w/1 TBSP light ranch Dressing w/ 1/4c Garbanzo Beans1/2c asparagus 1c Fruit salad 1/2c Light (SF) nonfat vanilla yogurt4 graham crackers  | Friday 17, 20253 oz. LS Baked Cod w/1 TBSP tartar sauce 1/2c Wild Brown Rice w/ 1 tsp unsalted butter 1c Green Beans and tomatoes 3/4c Pineapple chunks  |
| Monday 20,2025Closed for Holiday | Tuesday 21, 20253 oz. Baked Chicken Wings1/2c NAS Baked French Fries1/2c green beansWheat roll1 slice SF Angel Food Cake w/ 2 TBSP Cherry Topping | Wednesday 22 20253 oz. Beef Pattie w/ 1/4c Onions1/2c Brown Rice w/ 2oz LS Gravy1c California blend vegetables1.5c Tossed Salad w/2T light ranch Dressing1 Wheat Roll w/ 1 tsp. Margarine 1c Apricots | Thursday 23, 2025Tuna Salad Sandwich(1/4c Tuna Salad, 1/2c Lettuce, 1 slice Tomato, 1 Bun)1/2c LS Creamy Cucumber Salad1/2c Grilled Zucchini1c Fruit Compote1/2c LF vanilla pudding | Friday 24, 20253/4c Chile Macaroni(3 oz. Beef, 1 oz Red Chile, 1/2c Macaroni)1/2c Carrots 1.5c Tossed Salad w/2T light ranch Dressing1/2c Plums  |
| Monday 27, 2025Stuffed pepper(1 pepper, 3oz Beef, 1/4c rice, 1oz Sauce) 1c Vegetable medley w/ 1 tsp. unsalted butterWheat roll w/ 1 tsp margarine1 Fresh Pear | Tuesday 28, 2025Chicken Caesar Salad(3 oz. LS Chicken Breast, 1 TBSP Parm. Cheese, 1.5c Romaine Lettuce & 1/2c Tomato, 2 TBSP Light Caesar Dressing)Wheat roll Banana  | Wednesday 29, 2025Frito Pie(3 oz. Beef, 2 oz Red Chile, 1 oz. Corn chips ,1/2c lettuce and tomato)1/2c LS Pinto Beans1/2c spinach3/4c Applesauce | Thursday 30, 20252oz LS Baked Ham1/2c Roasted Sweet Potatoes1c broccoli and cauliflower 1 WW Roll w/ 1 tsp unsalted butter 1/2 c Pineapple chunks 1/2c light nonfat vanilla yogurt  | Friday 31, 20254 oz LS BBQ Beef Brisket(3oz Brisket, 2 TBSP BBQ Sauce1c Coleslaw w/ 2 TBSP Dressing1/2c Carrot Raisin SaladWheat roll w/ 1 tsp unsalted butter 1c Fruit salad |

***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 | 728.9 | 701.3 | 706.9 | 811.4 | 705.3 |
| % Carbohydrates from Calories | 45-55% | 53.9 | 49.0 | 53.0 | 53.1 | 47.4 |
| % Protein from Calories | 15-25% | 20.5 | 20.7 | 18.6 | 17.8 | 22.1 |
| % Fat from Calories | 25-35% | 25.6 | 30.3 | 28.4 | 29.1 | 30.5 |
| Saturated Fat | less than 8g | 6.7 | 8.0 | 7.8 | 7.7 | 8.0 |
| Fiber | 10g or more | 10.6 | 11.6 | 11.8 | 10.0 | 11.1 |
| Vitamin B-12 | .8ug or more | 1.3 | 3.1 | 1.9 | 2.6 | 2.5 |
| Vitamin A | 300ug RAE or more | 520.9 | 413.1 | 549.6 | 707.8 | 547.4 |
| Vitamin C | 30mg or more | 75.6 | 77.6 | 37.3 | 40.5 | 48.3 |
| Iron | 2.6mg or more | 3.1 | 5.0 | 4.2 | 4.6 | 5.0 |
| Calcium | 400mg or more | 486.1 | 496.8 | 672.1 | 465.9 | 458.3 |
| Sodium | less than 766mg | 684.8 | 763.7 | 765.5 | 689.9 | 702.3 |

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 December 13, 2024