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| DINE IN TIME  11:00 AM TO 1:00 PM | Occasionally We Must  Substitute Food Items  We Are Sorry For The  Inconvenience | Wednesday 1st, 2025  NEW YEARS DAY  SENIOR CENTER CLOSED | Thursday 2, 2025  3/4c Chicken A La King  (3 oz. Chicken, 1oz. Sauce,  1/4c peas)  1/2c Steam Brown Rice  1c California blend vegetables  1.5c Tossed salad w/ 2 TBSP Light ranch  Banana | Friday 3, 2025  5oz. Pork Carne Adovada  (3oz Pork, 2oz RC Sauce)  1c Capri Blend vegetables  1/3c LS Spanish Rice  1 6in Flour Tortilla  3/4c Tropical fruit Salad |
| Monday 6, 2025  Chili Dog  (1 oz. Frank, 4 oz. Beef Red Chili, (2oz Beef, 2oz RC), 1/2 Bun)  1/3c German style Potato salad  3/4c Broccoli w/ red pepper  1/2c Fruit Cocktail  1/3c SF Gelatin | Tuesday 7, 2025  5oz. Swedish Meat Balls  (3oz Meatballs, 2oz Sauce)  1/2c Egg Noodle  1/2c Mushrooms  1/2c Carrot raisin salad  Fresh pear | Wednesday 8, 2025  BBQ 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, 2025  Meat & Bean Burrito  (3 oz. Beef, 1 oz Red Chile,  1/2c Beans, 1 8 in. Tortilla)  1c Chateau blend vegetables  3/4c Tossed Salad w/  1TBSP Light Italian Dressing  Orange | Friday 10, 2025  3/4c Clam Chowder  (3 oz. Clams, 1/2c carrots, celery, onions, potatoes)  3/4c Roasted Brussel Sprout  1/2c Beets  3/4c Tossed Salad w/  1T Light Ranch Dressing  Wheat roll w/ 1 tsp unsalted butter  1c Strawberries |
| Monday 13, 2025  Stuffed Potato  1 TBSP Sour Cream, 1 tsp Chives, ½ baked potato  2 TBSP Green Chile, 1/2c Broccoli,  1.5c Tossed Salad w/ 1 HB egg and w/  2T light Ranch Dressing  Wheat roll  1/2c Berries  1c Light (SF) nonfat vanilla yogurt | Tuesday 14, 2025  Ham & Cheese Sandwich  (2oz. LS Ham,  1 oz. Swiss Cheese, 2 slices wheat Bread)  1c LS Tomato Soup  1.5c Tossed salad w/ 2 TBSP light ranch  2 Kiwi  1/3c Lemon pudding | Wednesday 15, 2025  3/4c Red Chile Cheese Enchiladas  (1 oz. Cheese, 2oz. Red Chile Sauce, 2 Corn Tortillas, 1/2c lettuce and tomato)  1/2c LS Pinto Beans  1c capri blend vegetables w/ 1 tsp unsalted butter  1c Grapes | Thursday 16, 2025  1/6th 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 Beans  1/2c asparagus  1c Fruit salad  1/2c Light (SF) nonfat vanilla yogurt  4 graham crackers | Friday 17, 2025  3 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 20,2025  Closed for Holiday | Tuesday 21, 2025  3 oz. Baked Chicken Wings  1/2c NAS Baked French Fries  1/2c green beans  Wheat roll  1 slice SF Angel Food Cake w/ 2 TBSP Cherry Topping | Wednesday 22 2025  3 oz. Beef Pattie w/ 1/4c Onions  1/2c Brown Rice w/ 2oz LS Gravy  1c California blend vegetables  1.5c Tossed Salad w/  2T light ranch Dressing  1 Wheat Roll w/ 1 tsp. Margarine  1c Apricots | Thursday 23, 2025  Tuna Salad Sandwich  (1/4c Tuna Salad, 1/2c Lettuce, 1 slice Tomato, 1 Bun)  1/2c LS Creamy Cucumber Salad  1/2c Grilled Zucchini  1c Fruit Compote  1/2c LF vanilla pudding | Friday 24, 2025  3/4c Chile Macaroni  (3 oz. Beef, 1 oz Red Chile,  1/2c Macaroni)  1/2c Carrots  1.5c Tossed Salad w/  2T light ranch Dressing  1/2c Plums |
| Monday 27, 2025  Stuffed pepper  (1 pepper, 3oz Beef, 1/4c rice, 1oz Sauce)  1c Vegetable medley w/ 1 tsp. unsalted butter  Wheat roll w/ 1 tsp margarine  1 Fresh Pear | Tuesday 28, 2025  Chicken 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, 2025  Frito Pie  (3 oz. Beef, 2 oz Red Chile,  1 oz. Corn chips ,1/2c lettuce and tomato)  1/2c LS Pinto Beans  1/2c spinach  3/4c Applesauce | Thursday 30, 2025  2oz LS Baked Ham  1/2c Roasted Sweet Potatoes  1c broccoli and cauliflower  1 WW Roll w/ 1 tsp unsalted butter  1/2 c Pineapple chunks  1/2c light nonfat vanilla yogurt | Friday 31, 2025  4 oz LS BBQ Beef Brisket  (3oz Brisket, 2 TBSP BBQ Sauce  1c Coleslaw w/ 2 TBSP Dressing  1/2c Carrot Raisin Salad  Wheat 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