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| --- | --- | --- | --- | --- |
|  |  | Wednesday 1st, 2025Closed  | Thursday 2,20253.5oz Salisbury Steak1/3c Mashed potatoes2oz LS gravy3/4c Broccoli1.5c Tossed salad w/ 2 TBSP light French dressing Wheat roll3/4c Peaches  | Friday 3,20253oz LS Herbed Chicken Breast2oz LS Gravy1/2c Brown Rice Pilaf1c Italian Blend vegetables1.5c Tossed salad w/ 2 TBSP light ranch dressing1/2c Applesauce |
| Monday 6,2025Frito Pie(3oz Beef, 2oz RC, 1oz Corn Chips, 1/2c lettuce and tomato, 1/4c onion)1c Capri Vegetables1/2c LS pinto beans1c Fruit cocktail  | Tuesday 7,2025Chicken Alfredo(3oz diced chicken, 1oz Light alfredo sauce, 1/2c fettuccine)1c Vegetable medley3/4c Tossed salad w/ 1 TBSP light Italian DressingWheat roll1c Fruit salad | Wednesday 8,20253oz Chicken Fried Steak1oz LS country gravy1/3c Mashed Potatoes 3/4c Brussel sprouts Wheat RollOrange | Thursday 9,20251c LS Green Chili Pork Stew(3oz Pork, 2 TBSP GC, 1/2c potatoes/onions)1/2c Spinach 1.5 c Tossed Salad w/ 2 TBSP light Italian Dressing1 6in Flour tortilla 1c Tropical Fruit salad  | Friday 10,20252oz Polish Kielbasa w/ 3/4c Peppers and onions, 1/3c Parsley PotatoesWheat roll3/4c Light (SF) nonfat vanilla yogurt1c Strawberries  |
| Monday 13,20253oz Meatloaf1/3c Mashed Potatoes2oz LS Gravy1c California blend vegetablesWheat roll1/2c spiced peaches  | Tuesday 14,20253oz Chicken Strips1oz Country Gravy 1/2c Carrots1/2c LS three bean saladWheat rollApple | Wednesday 15,20255oz Beef Tips(3oz Beef, 2oz sauce)1/2c Mushrooms1/2c Noodles1/2c Beets3/4c Tossed salad w/ 1 TBSP light French dressing1/2c Mixed Fruit  | Thursday 16,20251c Gr. Chili Chicken EnchiladaCasserole(3oz Chicken, 2 corn tortilla, 1oz Cheese, 1oz GC, 1/2c lettuce and tomato)1/2c LS Pinto beans1c Island Blend vegetables1/2c Mandarin oranges  | Friday 17,20253oz LS Herbed Tilapia2 TBSP tartar sauce1/2c LS brown Rice Pilaf1/2c Asparagus1c Coleslaw w/ 2 TBSP dressing3/4c Pineapples chunks  |
| Monday 20,2025Closed for Holiday | Tuesday 21,2025Tuna Salad(1/2c Tuna Salad (3oz light tuna), 2 sl. Wheat Bread, 1/2c Lettuce, 2 slices tomato)1/2c cucumber and tomato salad 3/4c Vegetable Soup 1/2c Pears  | Wednesday 22,2025Red Chili Smothered Beef Burrito(3oz meat, 2 TBSP GC, 1 8in flour tortilla, 2oz RC sauce)1/2c Pinto beans1c Yellow Squash w/ NAS diced tomatoes 1c Tropical Fruit salad  | Thursday 23,20256oz Sweet and Sour Pork(3oz Pork, 1/2c peppers, onions, 1oz sauce)1/2c Steamed Brown Rice1c Oriental Veggies1/2c Fruit Cocktail | Friday 24,2025Hamburger(3oz patty, 1 bun, 1/c lettuce, 2 slices tomato, 1 slice onion)1/3c Sweet Potato Fries3/4c Broccoli1/2c Apricots  |
| Monday 27,20241c Beef Stew(3oz Beef, 1/2c vegetables)1/2c LS Beets1.5c Tossed salad w/ 2 TBSP light Italian Dressing1oz Cornbread1c Grapes | Tuesday 28,2025Chicken Fajitas(3oz Chicken, 1/2c Peppers and onions, 2 TBSP salsa, 1 6in four tortilla)1/2c LS pinto beans1c Chateau blend veg1/2c peaches  | Wednesday 29,20251c Meat Lasagna (3oz meat, 1/2c pasta, 1oz Cheese, 1oz Sauce)1c Vegetable medley 1.5c Tossed salad w/ 2 TBSP light Italian dressingWheat roll1/2c mixed fruit  | Thursday 30, 2025BBQ Chicken(3oz Chicken Breast, 1 TBSP BBQ sauce)1/2c green beans1/2c LS potato salad 1oz Cornbreadbanana | Friday 31,20252 Beef Tacos(2 hard corn shells, 3oz beef, 1/2c lettuce and tomato, 2 TBSP salsa)1c Capri Vegetables1/2c LS pinto beans1/2c mandarin oranges |

***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 | 709.7 | 703.2 | 710.7 | 703.7 | 707.5 |
| % Carbohydrates from Calories | 45-55% | 46.0 | 51.2 | 48.1 | 50.2 | 46.9 |
| % Protein from Calories | 15-25% | 24.8 | 20.5 | 21.8 | 20.7 | 24.8 |
| % Fat from Calories | 25-35% | 29.1 | 28.4 | 30.1 | 29.2 | 28.3 |
| Saturated Fat | less than 8g | 7.9 | 8.0 | 8.0 | 8.0 | 7.9 |
| Fiber | 10g or more | 10.4 | 12.0 | 11.1 | 10.9 | 12.8 |
| Vitamin B-12 | .8ug or more | 2.8 | 2.0 | 2.7 | 2.9 | 3.0 |
| Vitamin A | 300ug RAE or more | 723.3 | 448.2 | 443.8 | 390.7 | 603.1 |
| Vitamin C | 30mg or more | 74.1 | 101.2 | 35.3 | 75.0 | 51.1 |
| Iron | 2.6mg or more | 4.8 | 4.9 | 4.4 | 4.7 | 5.8 |
| Calcium | 400mg or more | 466.5 | 491.8 | 455.6 | 450.3 | 520.4 |
| Sodium | less than 766mg | 732.6 | 765.3 | 635.2 | 653.9 | 754.3 |

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