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|  |  | Wednesday 1st, 2025  Closed | Thursday 2,2025  3.5oz Salisbury Steak  1/3c Mashed potatoes  2oz LS gravy  3/4c Broccoli  1.5c Tossed salad w/ 2 TBSP light French dressing  Wheat roll  3/4c Peaches | Friday 3,2025  3oz LS Herbed Chicken Breast  2oz LS Gravy  1/2c Brown Rice Pilaf  1c Italian Blend vegetables  1.5c Tossed salad w/ 2 TBSP light ranch dressing  1/2c Applesauce |
| Monday 6,2025  Frito Pie  (3oz Beef, 2oz RC, 1oz Corn Chips, 1/2c lettuce and tomato, 1/4c onion)  1c Capri Vegetables  1/2c LS pinto beans  1c Fruit cocktail | Tuesday 7,2025  Chicken Alfredo  (3oz diced chicken, 1oz Light alfredo sauce, 1/2c fettuccine)  1c Vegetable medley  3/4c Tossed salad w/ 1 TBSP light Italian Dressing  Wheat roll  1c Fruit salad | Wednesday 8,2025  3oz Chicken Fried Steak  1oz LS country gravy  1/3c Mashed Potatoes  3/4c Brussel sprouts  Wheat Roll  Orange | Thursday 9,2025  1c 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 Dressing  1 6in Flour tortilla  1c Tropical Fruit salad | Friday 10,2025  2oz Polish Kielbasa w/ 3/4c Peppers and onions, 1/3c Parsley Potatoes  Wheat roll  3/4c Light (SF) nonfat vanilla yogurt  1c Strawberries |
| Monday 13,2025  3oz Meatloaf  1/3c Mashed Potatoes  2oz LS Gravy  1c California blend vegetables  Wheat roll  1/2c spiced peaches | Tuesday 14,2025  3oz Chicken Strips  1oz Country Gravy  1/2c Carrots  1/2c LS three bean salad  Wheat roll  Apple | Wednesday 15,2025  5oz Beef Tips  (3oz Beef, 2oz sauce)  1/2c Mushrooms  1/2c Noodles  1/2c Beets  3/4c Tossed salad w/ 1 TBSP light French dressing  1/2c Mixed Fruit | Thursday 16,2025  1c Gr. Chili Chicken Enchilada  Casserole  (3oz Chicken, 2 corn tortilla, 1oz Cheese, 1oz GC, 1/2c lettuce and tomato)  1/2c LS Pinto beans  1c Island Blend vegetables  1/2c Mandarin oranges | Friday 17,2025  3oz LS Herbed Tilapia  2 TBSP tartar sauce  1/2c LS brown Rice Pilaf  1/2c Asparagus  1c Coleslaw w/ 2 TBSP dressing  3/4c Pineapples chunks |
| Monday 20,2025  Closed for Holiday | Tuesday 21,2025  Tuna 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 22,2025  Red Chili Smothered Beef  Burrito  (3oz meat, 2 TBSP GC, 1 8in flour tortilla, 2oz RC sauce)  1/2c Pinto beans  1c Yellow Squash w/ NAS diced tomatoes  1c Tropical Fruit salad | Thursday 23,2025  6oz Sweet and Sour Pork  (3oz Pork, 1/2c peppers, onions, 1oz sauce)  1/2c Steamed Brown Rice  1c Oriental Veggies  1/2c Fruit Cocktail | Friday 24,2025  Hamburger  (3oz patty, 1 bun, 1/c lettuce, 2 slices tomato, 1 slice onion)  1/3c Sweet Potato Fries  3/4c Broccoli  1/2c Apricots |
| Monday 27,2024  1c Beef Stew  (3oz Beef, 1/2c vegetables)  1/2c LS Beets  1.5c Tossed salad w/ 2 TBSP light Italian Dressing  1oz Cornbread  1c Grapes | Tuesday 28,2025  Chicken Fajitas  (3oz Chicken, 1/2c Peppers and onions, 2 TBSP salsa, 1 6in four tortilla)  1/2c LS pinto beans  1c Chateau blend veg  1/2c peaches | Wednesday 29,2025  1c Meat Lasagna  (3oz meat, 1/2c pasta, 1oz Cheese, 1oz Sauce)  1c Vegetable medley  1.5c Tossed salad w/ 2 TBSP light Italian dressing  Wheat roll  1/2c mixed fruit | Thursday 30, 2025  BBQ Chicken  (3oz Chicken Breast, 1 TBSP BBQ sauce)  1/2c green beans  1/2c LS potato salad  1oz Cornbread  banana | Friday 31,2025  2 Beef Tacos  (2 hard corn shells, 3oz beef, 1/2c lettuce and tomato, 2 TBSP salsa)  1c Capri Vegetables  1/2c LS pinto beans  1/2c 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