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| MONDAY 3, 20251/2c Macaroni and Cheese w/Diced Ham(.5oz. Cheese, 1/2c Macaroni, 2oz LS Ham)1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing, 1/2c Garbanzo beans 1 Apple  | TUESDAY 4, 20253 oz. Chicken Breast2oz LS Gravy, 1/4c Mushrooms1c Spinach, Cranberry Salad(1c Spinach, 1 TBSP Cranberry, 1/4c Red Onion, ¼ HB egg)2 TBSP Light Raspberry Vinaigrette1/2c Carrots Wheat roll w/ 1 tsp unsalted butter 3/4c Pineapple | WEDNESDAY 5, 2025 French Dip Sandwich (3 oz. Beef, 1 WW Bun, .5oz. Mozzarella Cheese)1 oz. Au Jus1c Vegetable Medley 1/3c NAS Baked French FriesOrange | THURSDAY 6, 20253 oz. LS Pork Chop2oz LS gravy 1/2 c LS Brown Rice Pilaf1/2c Broccoli Spears 1.5c Tossed Salad w/ 2 TBSP Light Italian DressingBanana | FRIDAY 7, 20251c Chile Beans(3 oz. Lean Beef, 1/2c Beans, 2oz Red Chile)1oz Corn Bread w/ 1 tsp unsalted butter 1c Zucchini and Diced tomatoes 1c Pears |
| MONDAY 10, 2025Ham and Cheese Sandwich(2 oz. Low Sodium Ham, 1 oz. Swiss Cheese, 1/2c Lettuce, 2 slices Tomato, 2 Sl. Wheat Bread)1/3c Potato salad 1c California Blend 1c Tropical Fruit | TUESDAY 11, 20258oz Green Chile Chicken Enchiladas(3 oz. Chicken, 1oz Green Chile, 2 Corn Tortillas,1/2c lettuce and tomato)1c Capri Vegetables1.5c Tossed Salad w/2T light Ranch Dressing1/2c Blueberries w/ 1/4c Crisp  | WEDNESDAY 12, 20251/2c WW Spaghetti w/6 oz. Meat Sauce(3oz meat, 2oz sauce)1c Italian Vegetables3/4c Tossed Salad w/1 TBSP Light Ranch Dressing1/2c Apricots | THURSDAY 13, 20253 oz. LS Lemon Pepper Fish1/2c LS Wild Rice/ Brown rice blend 1/2c Brussel Sprouts 1c Coleslaw w/ 2 TBSP Dressing  1/2c Mango  | FRIDAY 14, 20253 oz. Pork Roast2oz LS Gravy 1/3c Buttered New Potatoes (Yukon gold pots w/margarine and chives)1c Kale w/ yellow squash 1 WW Roll 1c Strawberries and bananas  |
| MONDAY 17, 2025SENIOR CENTER CLOSEDPRESIDENT’S DAY | TUESDAY 18, 20251c LS Chicken Noodle Soup(3oz.Chicken, 1oz. Broth, 1/3c.Noodle)1/2c LS Beets1.5C tossed salad w/ 2 TBSP light Ranch Dressing Wheat roll w/ 1tsp unsalted butter 1c Fruit Cocktail  | WEDNESDAY 19, 2025 4 oz. LS Baked Salmon 2oz Cucumber dill Sauce3/4c LS Brown Rice Pilaf1/2c Asparagus and 1/2c red bell pepper strips1/4 lemon wedge1/2c Chocolate Pudding 1c mixed berries | THURSDAY 20, 20253 oz. Country Fried Steak2oz LS Country Gravy 1/3c LS Mashed Potatoes 3/4c Baby Carrots 1 WW Roll w/ 1 tsp. unsalted butter 1c Mixed Fruit | FRIDAY 21, 2025 3.5oz. Teriyaki Chicken(3oz Chicken, 1 TBSP Sauce, 1/2c Peppers and onions)1/2c Brown Rice 1c Emperor blend 1 vegetable egg roll 1c Mandarin Oranges and pineapple chunks  |
| MONDAY 24, 20256oz Hamburger macaroni(3 oz. Beef, 1 oz. Sauce, 1/2c Pasta)1/2c NAS Stewed Tomatoes 1/2c Green Beans ½ c Applesauce | TUESDAY 25, 20256oz Beef Enchilada Casserole(3oz. Beef, 1 oz. Cheese, 1/4c Red Chile, 2 Corn Tortillas, 1/2c lettuce and tomato)1/2c LS Pinto Beans1/2c Cucumber and tomato salad1/2c SF Gelatin w/ 1/2c Banana | WEDNESDAY 26, 2025Chicken Salad Sandwich(3/4c Chicken Salad (3oz Chicken, celery, grapes, walnuts, cranberries, 1 Wheat bun, 1/2c Lettuce & 2 slices Tomato)6oz LS Tomato Soup1/2c Red Cabbage slaw 3/4c Honeydew6oz Light (SF) Vanilla Nonfat Yogurt | THURSDAY 27, 2025Open Face Red Chile Burger(3oz. Beef, .5oz. Cheese, 2oz Red Chile sauce , ½ Bun)1/2c Hominy1/2c Tomato and Red onion Salad1/2c Apricots  | FRIDAY 28, 2025Shimp Fettuccine Alfredo(3oz.Shrimp, 1oz.Light Alfredo Sauce, 1/2c Pasta)1c Broccoli & Cauliflower1c Tropical 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:****5** | **Days in Week:****5** | **Days in Week:****4** | **Days in Week:****5** | **Days in Week:****n/a** |
| Calories | 700 or more | 706.2 | 776.8 | 792.2 | 718.7 |  |
| % Carbohydrates from Calories | 45-55% | 49.7 | 48.4 | 51.9 | 47.3 |  |
| % Protein from Calories | 15-25% | 23.1 | 21.0 | 19.8 | 23.4 |  |
| % Fat from Calories | 25-35% | 27.3 | 30.6 | 28.9 | 29.9 |  |
| Saturated Fat | less than 8g | 7.8 | 7.7 | 7.7 | 7.5 |  |
| Fiber | 10g or more | 11.8 | 10.2 | 10.1 | 11.6 |  |
| Vitamin B-12 | .8ug or more | 2.6 | 2.2 | 2.3 | 2.5 |  |
| Vitamin A | 300ug RAE or more | 569.2 | 554.0 | 676.6 | 377.3 |  |
| Vitamin C | 30mg or more | 53.6 | 78.1 | 68.8 | 81.1 |  |
| Iron | 2.6mg or more | 4.6 | 3.9 | 4.0 | 5.0 |  |
| Calcium | 400mg or more | 483.8 | 521.1 | 477.3 | 578.7 |  |
| Sodium | less than 766mg | 764.1 | 745.9 | 748.7 | 687.1 |  |

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 22, 2025