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| **Monday Feb 3, 2025**  Tuna Salad Sandwich  (4 oz. Tuna Salad (3oz Light Tuna, 1/2c lettuce, 2 slices wheat bread)  1c LS Tomato soup  1/2c LS three bean salad  1c Plums | **Tuesday Feb 4, 2025**  1c Arroz Con Pollo  (3 oz. Chicken 1 oz. Sauce,  1/2c brown Rice)  1/2c LS Cold Beets  1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing  6oz LF Apples Cobbler  (1/2c apples, 1/4c Cobbler) | **Wednesday Feb 5, 2025**  1c Chili Mac  (3 oz. Beef, 1 oz. Sauce,  1/2c Macaroni)  1c Winter blend Vegetables  1.5c Tossed Salad w/ 2 TBSP Light Ranch Dressing  1 Orange | **Thursday Feb 6, 2025**  4oz. LS Lemon Pepper Fish  1 TBSP tartar sauce  3/4c LS Brown Rice Pilaf  3/4c Roasted Brussel Sprouts  1c Coleslaw w/ 2 TBSP Dressing  1c Fruit salad | **Friday Feb 7, 2025**  1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing  Chicken Alfredo  (3oz Chicken, 2oz Light Alfredo sauce)  1/2c Fettuccine  1c Italian Blend Vegetables  Wheat roll w/ 1 tsp unsalted butter  1c Tropical Fruit salad |
| **Monday Feb 10, 2025**  3oz LS Beef Pot Roast  2oz LS Gravy  1/3c LS Herb Roasted Potatoes  1/2c Carrots, 1/4c celery  3/4c Tossed salad w/ 1 TBSP light ranch dressing  WW Roll  Fresh pear | **Tuesday Feb 11, 2025**  2oz. Kielbasa Sausage  1/2c Cabbage  1/2c Peppers and onions  1.5c Tossed salad w/ 2 TBSP light Italian dressing  Wheat roll  1c peaches  1/2c Light nonfat vanilla yogurt | **Wednesday Feb 12, 2025**  1c Beef and Broccoli Stir Fry  (3 oz. Beef & 1/2c Broccoli,  1 oz. Sauce)  1/2c Brown Rice  1c Emperor vegetables  1c Pineapple and mandarin oranges | **Thursday Feb 13, 2025**  3 oz. Chicken Strips  1oz Country gravy  1/3c LS Parsley Potatoes  3/4c asparagus  1 slice wheat bread  3/4c Fruit cocktail  1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing | **Friday Feb 14, 2025**  1c Green Chile Pork Posole  (1/2c Hominy, 2 TBSP GC, 3oz Pork)  1c zucchini and NAS diced tomatoes  1 6 in wheat tortilla  Banana |
| **Monday Feb 17, 2025**  CLOSED  FOR  HOLIDAY  \*PRESIDENTS DAY\* | **Tuesday Feb 18, 2025**  Chile Rellenos  (1 Green Chile, 1oz. Cheese, 1oz Breading)  2oz GC sauce  1/2c LS pinto beans  1c capri blend vegetables  1 6-in Tortilla  3/4c Diced mango | **Wednesday Jan 19, 2025**  Open faced turkey sandwich  (2oz Turkey, 2oz LS Gravy, 1 slice wheat bread)  1/3c LS mashed potatoes  3/4c Green Beans  1.5c Tossed salad w/ 2 TBSP light Ranch Dressing  1c Strawberries and bananas  1/2c Light (SF) nonfat vanilla yogurt | **Thursday Feb 20, 2025**  1c LS Beef Stew  (3 oz beef, 1/2c vegetables,  1 oz sauce)  1.5c Tossed salad w/ 2 TBSP light Ranch Dressing  Wheat roll  1c Apricots | **Friday Feb 21, 2025**  Chicken Fajitas  (3oz Chicken, 1/2c peppers and onion, 1 6in Flour Tortilla)  3/4c broccoli  1/2c LS pinto beans  1c grapes |
| **Monday Feb 24, 2025**  Sloppy Joe  (3 oz. Beef, 1/4c Sauce, 1 Bun, 1/2c peppers and onions**)**  1/2c NAS Potato Wedges  1/2c Carrot raisin salad  1c Tropical fruit salad | **Tuesday Feb 25, 2025**  Loaded Baked Potato  (1 med potato, 3oz shredded chicken, 2oz red chili sauce)  1.5c Tossed salad w/ 2 TBSP light Italian Dressing  1 WW Roll  1c Fruit salad | **Wednesday Feb 26, 2025**  3 oz.LS Baked Salmon  1oz Cucumber dill Sauce  1/2c LS Brown Rice Pilaf  1/2c Asparagus and 1/2c red bell pepper strips  1/4 lemon wedge  1/2c LS Cilantro lime slaw  Orange | **Thursday Feb 27, 2025**  3oz LS Herb Pork Chops  2oz LS gravy  1/2c lemon herb orzo  1/2c LS Seasoned Spinach  1.5c tossed salad w/ 2 TBSP light Italian dressing  WW Roll  1/2c Pears | **Friday Feb 28, 2025**  Frito Pie  (1oz Corn Chip, 3oz ground beef, 2oz red chile)  1/c Lettuce and Tomato  1/4c Onion  1c yellow squash w NAS diced tomatoes  1/2c Pineapple chunks |

***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 | 762.0 | 702.9 | 700.3 | 764.8 |  |
| % Carbohydrates from Calories | 45-55% | 50.0 | 53.3 | 53.5 | 49.6 |  |
| % Protein from Calories | 15-25% | 19.5 | 19.9 | 19.9 | 21.5 |  |
| % Fat from Calories | 25-35 | 30.5 | 26.8 | 26.6 | 28.9 |  |
| Saturated Fat | less than 8g | 7.9 | 8.0 | 7.9 | 7.9 |  |
| Fiber | 10g or more | 10.1 | 10.5 | 14.3 | 11.6 |  |
| Vitamin B-12 | .8ug or more | 2.2 | 2.0 | 2.0 | 2.9 |  |
| Vitamin A | 300ug RAE or more | 518.4 | 516.5 | 697.9 | 671.5 |  |
| Vitamin C | 30mg or more | 85.5 | 68.3 | 73.3 | 101.3 |  |
| Iron | 2.6mg or more | 4.3 | 3.8 | 4.5 | 5.9 |  |
| Calcium | 400mg or more | 465.4 | 444.3 | 485.3 | 480.7 |  |
| Sodium | less than 766mg | 765.9 | 766.3 | 765.6 | 689.2 |  |

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 26, 2024