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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 Dressing6oz 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 Dressing1 Orange | **Thursday Feb 6, 2025**4oz. LS Lemon Pepper Fish1 TBSP tartar sauce3/4c 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 DressingChicken Alfredo(3oz Chicken, 2oz Light Alfredo sauce)1/2c Fettuccine1c Italian Blend VegetablesWheat roll w/ 1 tsp unsalted butter 1c Tropical Fruit salad  |
| **Monday Feb 10, 2025**3oz LS Beef Pot Roast2oz LS Gravy1/3c LS Herb Roasted Potatoes1/2c Carrots, 1/4c celery3/4c Tossed salad w/ 1 TBSP light ranch dressing WW Roll Fresh pear  | **Tuesday Feb 11, 2025**2oz. Kielbasa Sausage1/2c Cabbage 1/2c Peppers and onions1.5c Tossed salad w/ 2 TBSP light Italian dressing Wheat roll1c 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 vegetables1c Pineapple and mandarin oranges   | **Thursday Feb 13, 2025**3 oz. Chicken Strips1oz Country gravy1/3c LS Parsley Potatoes 3/4c asparagus 1 slice wheat bread3/4c 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 tomatoes1 6 in wheat tortilla Banana |
| **Monday Feb 17, 2025**CLOSED FORHOLIDAY\*PRESIDENTS DAY\* | **Tuesday Feb 18, 2025** Chile Rellenos(1 Green Chile, 1oz. Cheese, 1oz Breading)2oz GC sauce 1/2c LS pinto beans1c capri blend vegetables1 6-in Tortilla3/4c Diced mango  | **Wednesday Jan 19, 2025**Open faced turkey sandwich(2oz Turkey, 2oz LS Gravy, 1 slice wheat bread)1/3c LS mashed potatoes3/4c Green Beans1.5c Tossed salad w/ 2 TBSP light Ranch Dressing1c Strawberries and bananas1/2c 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 DressingWheat roll1c 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 Wedges1/2c Carrot raisin salad1c 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 Dressing1 WW Roll1c Fruit salad | **Wednesday Feb 26, 2025** 3 oz.LS Baked Salmon 1oz Cucumber dill Sauce1/2c LS Brown Rice Pilaf1/2c Asparagus and 1/2c red bell pepper strips1/4 lemon wedge1/2c LS Cilantro lime slawOrange | **Thursday Feb 27, 2025**3oz LS Herb Pork Chops2oz LS gravy 1/2c lemon herb orzo1/2c LS Seasoned Spinach1.5c tossed salad w/ 2 TBSP light Italian dressingWW Roll 1/2c Pears | **Friday Feb 28, 2025**Frito Pie(1oz Corn Chip, 3oz ground beef, 2oz red chile)1/c Lettuce and Tomato1/4c Onion1c yellow squash w NAS diced tomatoes1/2c 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