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|  |  | WEDNESDAY 1, 2025  ALL  CENTERS  CLOSED | THURSDAY 2, 2025  3oz Pork Roast  2oz LS Pork Gravy  ½ Baked Potato w/ 1 tsp margarine  1/2c Asparagus  Wheat roll w/ 1 tsp margarine  1.5c Tossed salad w/ 2 TBSP light Italian dressing  1c Tropical Fruit salad | FRIDAY 3, 2025  Chicken Soft Taco  (3oz chicken, 1 6in flour tortilla, 1/2c lettuce and tomato, 2 TBSP salsa)  1/2c Pinto beans  1c Zucchini and NAS diced tomatoes w/ 1 tsp margarine  1/2c Pineapple Chunks |
| MONDAY 6, 2025  G/C Chicken Tamale  (1oz Chicken, 1/4c masa, 2 TBSP GC)  1/4c GC sauce  1/2c LS Spanish rice  1/2c Pinto beans  1c Capri Blend vegetables w/ 1 tsp margarine  1/2c Mixed Fruit  1/2c SF gelatin | TUESDAY 7, 2025  Spaghetti with  Meaty Marinara  (1/2c pasta, 6oz meat sauce (3oz meat, 3oz NAS marinara Sauce)  1c Italian Blend  1.5c Tossed salad w/ 2 TBSP light Italian Dressing  Garlic Bread  1c Fruit salad | WEDNESDAY 8, 2025  Teriyaki Chicken  (3oz Diced chicken, 2 TBSP Sauce)  1/2c Brown Rice  1c Asian Veggies  Fortune Cookie  1/2c Mandarin Oranges | THURSDAY 9, 2025  3oz Meatloaf with  1oz Tomato Topping  1/3c Parsley Potatoes  3/4c Carrots w/ 1 tsp margarine  Wheat Roll w/ 1 tsp margarine  Fresh Pear | FRIDAY 10, 2025  Tuna Salad sandwich  (1/2c Tuna salad (3oz Meat, 2 slices wheat bread, 1/2c lettuce)  1/2c LS 3 Bean Salad  1/2c Beets  1c Strawberries |
| MONDAY 13, 2025  3/4c Chicken, rice and broccoli Casserole  (3oz Diced Chicken, 1/4c Rice, .5oz cheese, 1oz Sauce, 1/4c Broccoli)  Wheat roll  1.5c Tossed salad w/ 2 TBSP light Italian dressing  1c Fruit salad | TUESDAY 14, 2025  2oz Polish Kielbasa  1/2c LS diced potatoes w/ 1/2c peppers and onions  Fresh Banana  6oz Light (SF) nonfat vanilla yogurt  1c Diced Mango | WEDNESDAY 15, 2025  Frito Pie  (2oz RC, 3oz ground beef, 1oz corn Chips, 3/4c lettuce and tomato)  1/2c LS pinto beans  1c California blend  1/2c spiced peaches | THURSDAY 16, 2025  Turkey & Swiss Sandwich  (2 slices wheat bread, 2oz Turkey, 0.5oz Swiss cheese, 1/2c lettuce, 2 slices tomato)  1/2c LS potato salad  1/2c Carrot Raisin Salad  6oz Strawberry light (SF) nonfat yogurt | FRIDAY 17, 2025  Beef Fajita  (3oz Lean beef, 1/2c peppers and onions, 1 6in flour tortilla, 2 TBSP salsa)  1/2c LS black beans w/ 1/4c Red bell pepper  1 oatmeal raisin cookie |
| MONDAY 20, 2025  ALL  CENTERS  CLOSED | TUESDAY 21, 2025  BBQ Pork Rib Patty  (3oz Boneless pork rib patty, 1 TBSP barbecue sauce)  1c malibu vegetables  1oz Cornbread w/ 1 tbsp honey  Orange | WEDNESDAY 22, 2025  4oz LS Herbed Fish  3/4c Green beans  1c Coleslaw w/ 2 TBSP dressing  Wheat roll  1c Fruit salad | THURSDAY 23, 2025  Chicken & Potato Burrito  (3oz Diced chicken, 1/2c LS diced potato, 1 8n wheat tortilla, 1/4c RC sauce, 1 TBSP salsa)  1c Capri Blend vegetables  1c Mixed Fruit | FRIDAY 24, 2025  5oz Swedish Meatballs  (3oz Meat, 2oz sauce)  1/2c Wheat pasta, 1/2c Mushrooms  1.5c Tossed Salad w 2 TBSP light Italian Dressing  1c Vegetable Medley  Wheat Roll  1c Tropical fruit salad |
| MONDAY 27, 2025  3oz Salisbury Steak  Mushroom Gravy  (2oz LS gravy, 1/4c mushrooms)  1/3c mashed potatoes  3/4c carrots  Wheat roll  1/2c Applesauce | TUESDAY 28, 2025  3oz Baked Chicken  1oz LS Chicken Gravy  1/2c LS brown Rice pilaf  1/2c NAS French style green beans  1.5c Tossed salad w/ 2 TBSP light ranch Dressing  1/2c Apricots | WEDNESDAY 29, 2025  Green Chili Cheeseburger  (1 bun, 3oz patty, 2 TBSP GC, 0.5oz American cheese, 1/2c lettuce, 2 slices tomato, 1 slice onion)  1/2c LS pinto beans  1/2c LS LF Broccoli Salad  Banana | THURSDAY 30, 2025  Chicken Fettuccine  Alfredo  (3oz Diced Chicken, 1/2c Fettuccine, 1oz light Alfredo sauce)  1c Italian Veggies  Wheat roll  1c Grapes | FRIDAY 31, 2025  1c Beef & Potato Stew  (3oz Beef, 1/2c Vegetables)  1/2c Stewed Tomatoes  1.5c Tossed salad w/ 2 TBSP light italian dressing  Wheat roll  1/2c SF peach cobbler |

***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 | 766.9 | 706.6 | 700.5 | 710.0 | 706.8 |
| % Carbohydrates from Calories | 45-55% | 48.9 | 51.2 | 49.3 | 50.6 | 49.4 |
| % Protein from Calories | 15-25% | 23.4 | 19.1 | 21.4 | 21.7 | 23.4 |
| % Fat from Calories | 25-35% | 27.7 | 29.7 | 29.3 | 27.8 | 27.3 |
| Saturated Fat | less than 8g | 7.9 | 7.9 | 8.0 | 8.0 | 8.0 |
| Fiber | 10g or more | 12.4 | 11.6 | 10.6 | 10.3 | 10.6 |
| Vitamin B-12 | .8ug or more | 1.7 | 2.4 | 10.6 | 2.5 | 2.9 |
| Vitamin A | 300ug RAE or more | 527.9 | 524.2 | 427.4 | 332.6 | 762.7 |
| Vitamin C | 30mg or more | 96.9 | 49.3 | 70.9 | 108.8 | 40.2 |
| Iron | 2.6mg or more | 5.7 | 4.9 | 4.3 | 3.8 | 5.0 |
| Calcium | 400mg or more | 443.2 | 432.0 | 520.4 | 431.7 | 465.6 |
| Sodium | less than 766mg | 728.5 | 750.3 | 758.9 | 664.0 | 6666.5 |

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 23, 2024