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|  |  | WEDNESDAY 1, 2025ALLCENTERSCLOSED | THURSDAY 2, 20253oz Pork Roast2oz LS Pork Gravy½ Baked Potato w/ 1 tsp margarine 1/2c AsparagusWheat roll w/ 1 tsp margarine  1.5c Tossed salad w/ 2 TBSP light Italian dressing1c Tropical Fruit salad | FRIDAY 3, 2025Chicken Soft Taco(3oz chicken, 1 6in flour tortilla, 1/2c lettuce and tomato, 2 TBSP salsa)1/2c Pinto beans1c Zucchini and NAS diced tomatoes w/ 1 tsp margarine 1/2c Pineapple Chunks |
| MONDAY 6, 2025G/C Chicken Tamale(1oz Chicken, 1/4c masa, 2 TBSP GC)1/4c GC sauce1/2c LS Spanish rice 1/2c Pinto beans1c Capri Blend vegetables w/ 1 tsp margarine 1/2c Mixed Fruit 1/2c SF gelatin  | TUESDAY 7, 2025Spaghetti withMeaty Marinara (1/2c pasta, 6oz meat sauce (3oz meat, 3oz NAS marinara Sauce)1c Italian Blend1.5c Tossed salad w/ 2 TBSP light Italian DressingGarlic Bread1c Fruit salad  | WEDNESDAY 8, 2025Teriyaki Chicken(3oz Diced chicken, 2 TBSP Sauce)1/2c Brown Rice 1c Asian VeggiesFortune Cookie1/2c Mandarin Oranges  | THURSDAY 9, 20253oz Meatloaf with1oz Tomato Topping1/3c Parsley Potatoes3/4c Carrots w/ 1 tsp margarine Wheat Roll w/ 1 tsp margarine Fresh Pear | FRIDAY 10, 2025Tuna Salad sandwich (1/2c Tuna salad (3oz Meat, 2 slices wheat bread, 1/2c lettuce)1/2c LS 3 Bean Salad1/2c Beets1c Strawberries  |
| MONDAY 13, 20253/4c 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 dressing1c Fruit salad  | TUESDAY 14, 20252oz Polish Kielbasa 1/2c LS diced potatoes w/ 1/2c peppers and onionsFresh Banana6oz Light (SF) nonfat vanilla yogurt 1c Diced Mango | WEDNESDAY 15, 2025Frito Pie(2oz RC, 3oz ground beef, 1oz corn Chips, 3/4c lettuce and tomato)1/2c LS pinto beans1c California blend 1/2c spiced peaches  | THURSDAY 16, 2025Turkey & Swiss Sandwich(2 slices wheat bread, 2oz Turkey, 0.5oz Swiss cheese, 1/2c lettuce, 2 slices tomato)1/2c LS potato salad1/2c Carrot Raisin Salad6oz Strawberry light (SF) nonfat yogurt  | FRIDAY 17, 2025Beef 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, 2025ALLCENTERSCLOSED | TUESDAY 21, 2025BBQ Pork Rib Patty(3oz Boneless pork rib patty, 1 TBSP barbecue sauce)1c malibu vegetables1oz Cornbread w/ 1 tbsp honey Orange  | WEDNESDAY 22, 20254oz LS Herbed Fish3/4c Green beans1c Coleslaw w/ 2 TBSP dressingWheat roll 1c Fruit salad  | THURSDAY 23, 2025Chicken & 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, 20255oz Swedish Meatballs(3oz Meat, 2oz sauce)1/2c Wheat pasta, 1/2c Mushrooms 1.5c Tossed Salad w 2 TBSP light Italian Dressing1c Vegetable MedleyWheat Roll1c Tropical fruit salad  |
| MONDAY 27, 20253oz Salisbury SteakMushroom Gravy(2oz LS gravy, 1/4c mushrooms)1/3c mashed potatoes3/4c carrotsWheat roll1/2c Applesauce  | TUESDAY 28, 20253oz Baked Chicken1oz LS Chicken Gravy1/2c LS brown Rice pilaf 1/2c NAS French style green beans1.5c Tossed salad w/ 2 TBSP light ranch Dressing 1/2c Apricots  | WEDNESDAY 29, 2025Green 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 beans1/2c LS LF Broccoli SaladBanana | THURSDAY 30, 2025Chicken Fettuccine Alfredo(3oz Diced Chicken, 1/2c Fettuccine, 1oz light Alfredo sauce)1c Italian VeggiesWheat roll 1c Grapes | FRIDAY 31, 20251c Beef & Potato Stew(3oz Beef, 1/2c Vegetables)1/2c Stewed Tomatoes1.5c Tossed salad w/ 2 TBSP light italian dressingWheat 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