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| --- | --- | --- | --- | --- |
| Monday February 3 Arroz Con Pollo(3oz Chicken, 1/2c Rice1c Green Beans & Cauliflower w/ 1 tsp margarineWheat roll w/ 1 tsp margarine1 Fresh Pear  | TUESDAY1 1/4c Hearty Beef Stew(3oz Beef, 1c Potatoes peas, carrots, onion, celery)1/2c LS LF Broccoli Salad Wheat roll 3/4c Cinnamon Peaches | WEDNESDAY 7Open Face Turkey Sandwich(3oz Turkey, 1 slice wheat bread, 1oz LS Gravy)1/2c Parsley Potatoes3/4c Roasted Brussel Sprouts w/ 1 tsp margarine1c Fruit Salad | THURSDAY 8Red Chile Cheese Enchiladas(2oz Cheese, 2 corn tortilla, 2oz RC Sauce)1/2c LS Pinto Beans1c Vegetable medley1/2c LF Butterscotch PuddingBanana | FRIDAY 9Baked Fish W/ Tartar Sauce5oz LS Fish, 2 TBSP Tartar Sauce, 3/4c Sweet potatoes1/2c Asparagus Wheat roll 1c Tropical Fruit salad |
| Monday February 10 Beef & Broccoli stir Fry(3oz Beef, 1/2c Broccoli, 1oz LS Sauce)1/2c Brown Rice1 Vegetable egg roll 1 Fortune Cookie1/2c Plums  | Tuesday February 11 1c GC Chicken Posole(3oz Chicken, 1/2c Posole, 1oz GC) 1c Zucchini w/ NAS Diced Tomatoes1 6In Flour Tortilla1c Cantaloupe  | Wednesday February 12 4oz Salmon Patties3oz Salmon, 1oz Breadcrumb1/2c Wild Rice w/ 1/2c Mushrooms1/2c carrots WW Roll 1c Strawberries  | Thursday February 13 3/4c Chicken Corn Casserole(3oz Chicken, 1/2c Corn, 1oz Sauce) 1/2c Penne Pasta 1c California BlendWW Roll1c Mixed Fruit  | Friday February 14 BBQ Pork Sandwich(3oz Shredded Pork, 1oz BBQ sauce, 1 WW bun) 1/2c LS Ranch Beans 1/2c NAS Stewed Tomatoes w/ 1oz GC1/2c Coleslaw w/ 1 TBSP dressing |
| Monday February 18 Beef soft Taco(3oz Beef, 1 6 in flour tortilla, 2 TBSP Salsa, 1/2c Lettuce and tomato)1/2c Calabacitas1/2c LS 3 Bean Salad1c Apricots  | Tuesday February 19Red Chile Pork Tamale2oz Pork, 1oz Masa, 2 oz RC Sauce, 1/2c LS Pinto Beans1/2c Spinach w/ 1/2c Mushrooms 1 Flour Tortilla1/2c Tapioca Pudding w/ 1/2c Cherries | Wednesday February 20Ham & Swiss Cheese Croissant(2oz LS Ham, 1oz Swiss Cheese, 1 petite Croissant,1/2c Lettuce, 2 sl. Tomato) 1c LS Tomato Soup3/4c BeetsApple  | Thursday February 213oz Chicken Fried Steak1/2c LS Mashed Potato1oz LS Pepper Gravy1c Capri Vegetables WW Roll1/2c Mandarin Oranges &1/2c Bananas | Friday February 22 Tuna Casserole(3oz Tuna, 1/2c Noodles, 1/2c Peas and carrots)1c Tossed salad w/ 2 TBSP FF ranch Dressing1/2c Strawberries w/ 1 slice SF Angel Food Cake w/ 2 TBSP Whipped Topping  |
| Monday February 24Chicken Fettuccine Alfredo(3oz Diced Chicken, 1/2c Fettuccine, 2oz Light Alfredo Sauce1c Tossed Salad w/ 2 TBSP FF Ranch Dressing1c Broccoli & Cauliflower1 Garlic Knot w/ 1 tsp margarineOrange | Tuesday February 25 Baked Cod w/ Cucumber Dill Sauce 5oz Cod, 2oz Cucumber Dill Sauce 1/2c LS Brown Rice Pilaf1c Scandinavian Blend w/ 1 tsp margarine 1c Fruit Salad | Wednesday February 26 Italian Meatball Sandwich(3oz Meatball, 1 Hoagie roll1oz Marinara sauce, .5oz Mozzarella Cheese)3/4c Italian Green Beans 1/3c NAS Baked French Fries1c Fruit cocktail  | Thursday February 273oz Roast Pork 2oz LS gravy, 1/4c Mushrooms1/2c Spinach1/2c Cauliflower 1c Tossed Salad w/ 2 TBSP FF Ranch DressingWW Roll w/ 1 tsp margarine1 Fresh Pear  | Friday February 28 Chicken Fried Rice(3oz diced Chicken, 1oz sauce, 1/2c Brown rice, 1/4c peas and carrots)3/4c Stir Fry Vegetables W/ Snap Peas1c Mandarin Oranges & Pineapple  |

***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:****5** | **Days in Week:****5** | **Days in Week:****n/a** |
| Calories | 700 or more | 714.3 | 713.4 | 701.7 | 744.7 |  |
| % Carbohydrates from Calories | 45-55% | 52.6 | 49.9 | 54.5 | 51.5 |  |
| % Protein from Calories | 15-25% | 21.0 | 22.8 | 20.1 | 22.3 |  |
| % Fat from Calories | 25-35% | 26.4 | 27.3 | 25.3 | 26.2 |  |
| Saturated Fat | less than 8g | 7.8 | 7.8 | 7.5 | 8.0 |  |
| Fiber | 10g or more | 12.1 | 10.6 | 13.1 | 10.4 |  |
| Vitamin B-12 | .8ug or more | 2.4 | 2.4 | 2.4 | 2.0 |  |
| Vitamin A | 300ug RAE or more | 551.4 | 390.8 | 618.2 | 517.9 |  |
| Vitamin C | 30mg or more | 69.3 | 52.1 | 44.3 | 65.0 |  |
| Iron | 2.6mg or more | 4.0 | 4.7 | 5.8 | 4.5 |  |
| Calcium | 400mg or more | 502.7 | 480.4 | 496.9 | 484.1 |  |
| Sodium | less than 766mg | 736.3 | 759.2 | 765.8 | 727.6 |  |

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 6, 2025