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| --- | --- | --- | --- | --- |
| Monday February 3  Arroz Con Pollo  (3oz Chicken, 1/2c Rice  1c Green Beans & Cauliflower w/ 1 tsp margarine  Wheat roll w/ 1 tsp margarine  1 Fresh Pear | TUESDAY  1 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 7  Open Face Turkey Sandwich  (3oz Turkey, 1 slice wheat bread, 1oz LS Gravy)  1/2c Parsley Potatoes  3/4c Roasted Brussel Sprouts w/ 1 tsp margarine  1c Fruit Salad | THURSDAY 8  Red Chile Cheese Enchiladas  (2oz Cheese, 2 corn tortilla, 2oz RC Sauce)  1/2c LS Pinto Beans  1c Vegetable medley  1/2c LF Butterscotch Pudding  Banana | FRIDAY 9  Baked Fish  W/ Tartar Sauce  5oz LS Fish, 2 TBSP Tartar Sauce,  3/4c Sweet potatoes  1/2c 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 Rice  1 Vegetable egg roll  1 Fortune Cookie  1/2c Plums | Tuesday February 11  1c GC Chicken Posole  (3oz Chicken, 1/2c Posole, 1oz GC)  1c Zucchini w/ NAS Diced Tomatoes  1 6In Flour Tortilla  1c Cantaloupe | Wednesday February 12  4oz Salmon Patties  3oz Salmon, 1oz Breadcrumb  1/2c Wild Rice w/ 1/2c Mushrooms  1/2c 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 Blend  WW Roll  1c 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 GC  1/2c 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 Calabacitas  1/2c LS 3 Bean Salad  1c Apricots | Tuesday February 19  Red Chile Pork Tamale  2oz Pork, 1oz Masa, 2 oz RC Sauce,  1/2c LS Pinto Beans  1/2c Spinach w/ 1/2c Mushrooms  1 Flour Tortilla  1/2c Tapioca Pudding w/ 1/2c Cherries | Wednesday February 20  Ham & Swiss Cheese Croissant  (2oz LS Ham, 1oz Swiss Cheese, 1 petite Croissant,  1/2c Lettuce, 2 sl. Tomato)  1c LS Tomato Soup  3/4c Beets  Apple | Thursday February 21  3oz Chicken Fried Steak  1/2c LS Mashed Potato  1oz LS Pepper Gravy  1c Capri Vegetables  WW Roll  1/2c 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 Dressing  1/2c Strawberries w/ 1 slice SF Angel Food Cake w/ 2 TBSP Whipped Topping |
| Monday February 24  Chicken Fettuccine Alfredo  (3oz Diced Chicken, 1/2c Fettuccine, 2oz Light Alfredo Sauce  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing  1c Broccoli & Cauliflower  1 Garlic Knot w/ 1 tsp margarine  Orange | Tuesday February 25  Baked Cod w/ Cucumber Dill Sauce  5oz Cod, 2oz Cucumber Dill Sauce  1/2c LS Brown Rice Pilaf  1c Scandinavian Blend w/ 1 tsp margarine  1c Fruit Salad | Wednesday February 26  Italian Meatball Sandwich  (3oz Meatball, 1 Hoagie roll  1oz Marinara sauce, .5oz Mozzarella Cheese)  3/4c Italian Green Beans  1/3c NAS Baked French Fries  1c Fruit cocktail | Thursday February 27  3oz Roast Pork  2oz LS gravy, 1/4c Mushrooms  1/2c Spinach  1/2c Cauliflower  1c Tossed Salad w/ 2 TBSP FF Ranch Dressing  WW Roll w/ 1 tsp margarine  1 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 Peas  1c 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