|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Mon. 3, 20255oz Swedish Meatballs(3oz Beef, 2oz LS gravy)Meatballs n Gravy1/2c Brown Rice w/ 1 tsp margarine 1/2c Mushrooms1c California blend 1c Pears  | Tue. 4, 2025Turkey & Cheese Sandwich(2oz. Sliced Turkey1oz Swiss cheese2 Sl. Wheat Bread)1/2c LS Tomato Cucumber Salad1/2c LS beets1/2c Light (SF) nonfat Vanilla Yogurt | Wed. 5, 20258oz Beans & Ham (2 oz. LS and 1/2c Pinto beans, 1/8c onion)1.5c Tossed Salad w/ 2 TBSP light Italian Dressing1oz Cornbread w/ 1 tsp margarine 1c Apricots | Thur. 6, 20255oz Chicken Adovada (4oz. Diced Chicken, 2oz Red Chile Sauce) 1/2c Spinach1/2c Zucchini6” Flour Tortilla1c Tropical Fruit salad  | Fri. 7, 2025Spaghetti w/Meat Sauce(1/2c Spaghetti, 6oz Meat sauce (3oz meat, 3oz NAS marinara sauce1c Monte CarloVegetables 1.5c Tossed salad w/ 2 TBSP light Italian DressingOrange |
| Mon. 10, 2025Chicken Tenders3-1 oz Chicken Tenders1/3c Mashed Potatoes w/ 1oz LS Gravy 1c vegetable medley3/4c Tossed salad w/ 1 TBSP light Italian dressing 1 ea. WW Roll1c Applesauce | Tue. 11, 2025Liver & Onions3oz Beef Liver 1oz Sautéed Onions and 1/2c mushrooms3/4c Brown Wild rice Blend 3/4c Green Beansbanana | Wed. 12, 2025BBQ Chicken Thigh 3oz. Skinless Chicken Thigh2 TBSP Barbeque Sauce1/3c Peas1c Coleslaw w/ 2 TBSP DressingWheat roll1c Fruit cocktail | Thur. 13, 2025Green Chile Cheeseburger(2 TBSP GC, 3oz lean beef patty, 1 bun, 1/2c lettuce, 2 slices tomato, .1 slice onion, 5 oz Cheese)3/4c Carrots1/3c Baked NAS French Fries1c Cantaloupe  | Fri. 14, 20254oz Baked Mac & Cheese(1/2c Macaroni, 0.5oz Cheese)1.5c tossed salad w/ 2 TBSP light Italian Dressing w/1/3c LS Garbanzo Beans 1/2c Brussel Sprouts 1c Light (SF) nonfat vanilla yogurt1c Mixed Berries   |
| Mon. 17, 2025CLOSED | Tue. 18, 20251c Fideos Con Carne (3oz Beef, 1/2c pasta, 1/2c potatoes and onion1c Capri Vegetables1.5c Tossed salad w/ 2 TBSP light ranch 6” Flour TortillaFresh pear | Wed. 19, 20253 oz. LS Pork Chop2oz LS gravy 1/2 c LS Brown Rice Pilaf1/2c Broccoli Spears 1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing1/2c warm apple slices  | Thur. 20, 20256oz Zesty Steak Chili (3oz Beef, 1/2c Celery, onions peppers, diced tomatoes)1.5c Tossed salad w/ 2 TBSP light Ranch DressingWheat roll 1/2c Spiced peaches  | Fri. 21, 2025Herbed Cod3 oz. LS Lemon Pepper Fish2 TBSP tartar sauce 1/3c LS parsley Potatoes1/2c Brussel Sprouts 1c Cilantro lime slawWheat roll1c mixed fruit  |
| Mon. 24, 2025Pepper Steak (3oz Beef, 1/2c Peppers and onions)1/2c Brown Rice1c Stir Fry vegetables3/4c Mandarin oranges1 vegetable egg roll 1 fortune cookie | Tue. 25, 2025Smothered Bean and Cheese Burrito(1/2c LS pinto beans, 1oz Cheese, 1 8 in WW Flour tortilla, 2 TBSP GC, 1/4c RC sauce)1/2c Cauliflower w/ 1/2c red bell pepper 1/2c SF Gelatin w/ 1/2c Mixed berries  | Wed. 26, 20251c LS Chicken Noodle Soup(3oz.Chicken, 1oz. Broth, 1/3c.Noodle)1/2c LS Beets1.5C tossed salad w/ 2 TBSP light Ranch Dressing Wheat roll w/ 1tsp unsalted butter 1c Fruit Cocktail | Thur. 27, 2025Frito Pie(3oz Beef, 1oz Corn Chips)2oz Red Chili Sauce)1/2c LS pinto beans 1c Zucchini and NAS diced Tomatoes3/4c Pineapple tidbits  | Fri. 28, 20253oz Baked Lemon Pepper Chicken 2oz LS gravy 1/2c Lemon Herb orzo1/2c Broccoli w/ 1 tsp margarine 1.5c Tossed salad w/ 2 TBSP light Italian dressing1c Tropical Fruit Salad  |

***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 | 712.9 | 707.4 | 701.2 | 719.1 |  |
| % Carbohydrates from Calories | 45-55% | 52.6 | 52.0 | 48.2 | 50.5 |  |
| % Protein from Calories | 15-25% | 21.7 | 19.5 | 22.1 | 22.3 |  |
| % Fat from Calories | 25-35% | 25.6 | 28.5 | 29.7 | 27.3 |  |
| Saturated Fat | less than 8g | 7.8 | 8.0 | 7.4 | 7.8 |  |
| Fiber | 10g or more | 11.6 | 11.2 | 10.0 | 12.4 |  |
| Vitamin B-12 | .8ug or more | 2.5 | 16.1 | 2.9 | 2.6 |  |
| Vitamin A | 300ug RAE or more | 560.7 | 1943.0 | 569.6 | 449.0 |  |
| Vitamin C | 30mg or more | 60.2 | 46.7 | 61.6 | 103.0 |  |
| Iron | 2.6mg or more | 5.0 | 5.0 | 4.5 | 4.6 |  |
| Calcium | 400mg or more | 527.5 | 4995 | 431.9 | 450.2 |  |
| Sodium | less than 766mg | 749.2 | 744.2 |  | 704.4 |  |

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 22, 2025