|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Mon. 3, 2025  5oz Swedish Meatballs  (3oz Beef, 2oz LS gravy)  Meatballs n Gravy  1/2c Brown Rice w/ 1 tsp margarine  1/2c Mushrooms  1c California blend  1c Pears | Tue. 4, 2025  Turkey & Cheese Sandwich  (2oz. Sliced Turkey  1oz Swiss cheese  2 Sl. Wheat Bread)  1/2c LS Tomato Cucumber Salad  1/2c LS beets  1/2c Light (SF) nonfat Vanilla Yogurt | Wed. 5, 2025  8oz Beans & Ham  (2 oz. LS and 1/2c Pinto beans, 1/8c onion)  1.5c Tossed Salad w/ 2 TBSP light Italian Dressing  1oz Cornbread w/ 1 tsp margarine  1c Apricots | Thur. 6, 2025  5oz Chicken Adovada  (4oz. Diced Chicken, 2oz Red Chile Sauce)  1/2c Spinach  1/2c Zucchini  6” Flour Tortilla  1c Tropical Fruit salad | Fri. 7, 2025  Spaghetti w/Meat Sauce  (1/2c Spaghetti, 6oz Meat sauce (3oz meat, 3oz NAS marinara sauce  1c Monte Carlo  Vegetables  1.5c Tossed salad w/ 2 TBSP light Italian Dressing  Orange |
| Mon. 10, 2025  Chicken Tenders  3-1 oz Chicken Tenders  1/3c Mashed Potatoes  w/ 1oz LS Gravy  1c vegetable medley  3/4c Tossed salad w/ 1 TBSP light Italian dressing  1 ea. WW Roll  1c Applesauce | Tue. 11, 2025  Liver & Onions  3oz Beef Liver  1oz Sautéed Onions and 1/2c mushrooms  3/4c Brown Wild rice Blend  3/4c Green Beans  banana | Wed. 12, 2025  BBQ Chicken Thigh  3oz. Skinless Chicken Thigh  2 TBSP Barbeque Sauce  1/3c Peas  1c Coleslaw w/ 2 TBSP Dressing  Wheat roll  1c Fruit cocktail | Thur. 13, 2025  Green 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 Carrots  1/3c Baked NAS French Fries  1c Cantaloupe | Fri. 14, 2025  4oz 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 yogurt  1c Mixed Berries |
| Mon. 17, 2025  CLOSED | Tue. 18, 2025  1c Fideos Con Carne  (3oz Beef, 1/2c pasta, 1/2c potatoes and onion  1c Capri Vegetables  1.5c Tossed salad w/ 2 TBSP light ranch  6” Flour Tortilla  Fresh pear | Wed. 19, 2025  3 oz. LS Pork Chop  2oz LS gravy  1/2 c LS Brown Rice Pilaf  1/2c Broccoli Spears  1.5c Tossed Salad w/ 2 TBSP Light Italian Dressing  1/2c warm apple slices | Thur. 20, 2025  6oz Zesty Steak Chili  (3oz Beef, 1/2c Celery, onions peppers, diced tomatoes)  1.5c Tossed salad w/ 2 TBSP light Ranch Dressing  Wheat roll  1/2c Spiced peaches | Fri. 21, 2025  Herbed Cod  3 oz. LS Lemon Pepper Fish  2 TBSP tartar sauce  1/3c LS parsley Potatoes  1/2c Brussel Sprouts  1c Cilantro lime slaw  Wheat roll  1c mixed fruit |
| Mon. 24, 2025  Pepper Steak  (3oz Beef, 1/2c Peppers and onions)  1/2c Brown Rice  1c Stir Fry vegetables  3/4c Mandarin oranges  1 vegetable egg roll  1 fortune cookie | Tue. 25, 2025  Smothered 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, 2025  1c LS Chicken Noodle Soup  (3oz.Chicken, 1oz. Broth, 1/3c.Noodle)  1/2c LS Beets  1.5C tossed salad w/ 2 TBSP light Ranch Dressing  Wheat roll w/ 1tsp unsalted butter  1c Fruit Cocktail | Thur. 27, 2025  Frito Pie  (3oz Beef, 1oz Corn Chips)  2oz Red Chili Sauce)  1/2c LS pinto beans  1c Zucchini and NAS diced Tomatoes  3/4c Pineapple tidbits | Fri. 28, 2025  3oz Baked Lemon Pepper Chicken  2oz LS gravy  1/2c Lemon Herb orzo  1/2c Broccoli w/ 1 tsp margarine  1.5c Tossed salad w/ 2 TBSP light Italian dressing  1c 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