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| --- | --- | --- | --- | --- |
|  |  | WEDNESDAY 1, 2025  CLOSED | THURSDAY 2, 2025  3oz Pork Chop  2oz LS gravy  1/2c baked sweet potatoes (not candied)  1c California Blend Vegetables  3/4c Tossed salad w/1 TBSP light Italian Dressing  1 Wheat Roll  3/4c Tropical Fruit salad  1/2c SF gelatin | FRIDAY 3, 2025  CLOSED |
| MONDAY 6, 2025  3.5oz Salisbury Steak w/2oz LS Gravy  1/3c Parsley Potatoes  1c Broccoli w/Red Peppers  1.5c Tossed Salad w/ 2TBSP LT Italian Dressing  Wheat Roll  1/2c Spiced Peaches | TUESDAY 7, 2025  Chef Salad  (1oz Turkey, 1oz LS Ham, 1HB Egg, 1/4c Shredded carrots, 1.5c romaine Lettuce,1/4c Cucumbers,1/4c red Cabbage)  2TBSP Light Ranch Dressing  Wheat roll  1c Fruit salad | WEDNESDAY 8, 2025  4oz LS Roasted Chicken Thigh  3/4c LS brown Rice  1c vegetable medley  1.5c Tossed salad w/ 2 TBSP light Italian dressing  1c strawberries  1/2 slice SF angel food cake | THURSDAY 9, 2025  Beef Tacos  (3oz beef,1/2c lettuce & tomato,2 corn tortilla, 2 TBSP salsa)  1c Yellow Squash & NAS diced Tomatoes  1/2c LS Pinto Beans  Orange | FRIDAY 10, 2025  CLOSED |
| MONDAY 13, 2025  Open Turkey Sandwich  (2oz turkey,1 sl wheat bread,2oz LS gravy)  1/3c Herb roasted Red Potatoes  3/4c Roasted Brussel Sprouts  1c Mixed Fruit  1/2c Light (SF) nonfat vanilla yogurt | TUESDAY 14, 2025  3oz Country Fried Steak  1/2c Black eyed peas  w/1oz LS Country Gravy  1/2c Okra  3/4Tossed Salad w/1 TBSP LT ranch Dressing  WW Roll w/ 1 tsp unsalted butter  3/4c Fruit Compote | WEDNESDAY 15, 2025  Barbecue Chicken  (3oz Chicken breast, 1 TBSP BBQ sauce)  1/2c Spinach  1c Pasta Salad  (1/2c pasta,1/2c vegetables  1/2c Fruit Cocktail  1/2c SF Gelatin | THURSDAY 16, 2025  3oz Meatloaf w/2oz LS Gravy  1/3c Mashed potatoes  3/4c Green Beans  3/4c Tossed Salad w/1 TBSP light ranch dressing  Wheat roll w/ 1 tsp unsalted butter  Banana  1 oatmeal cookie | FRIDAY 17, 2025 |
| MONDAY 20, 2025  CLOSED | TUESDAY 21, 2025  6oz Beef Tips  (3oz beef,2oz LS sauce,  1/2c noodles)  1/2c Mushrooms  1/2c Carrots  1.5c Tossed salad w/ 2 TBSP light Italian dressing  1/2c Applesauce | WEDNESDAY 22, 2025  1/2c Classic Chicken Salad Sandwich  (3oz chicken,1/4c celery & onion,2 sl. wheat bread,1/2c lettuce)  1c LS Tomato Soup  1c Chateau blend vegetables  1/2c Apricots | THURSDAY 23, 2025  3/4c Beef Macaroni  (3oz beef,1/2c macaroni)  1c California blend veg  1/2c LS beets  1.5c Tossed salad w/ 2 TBSP light Italian dressing  1/2c pears | FRIDAY 24, 2025  CLOSED |
| MONDAY 27, 2025  1oz Reduced Fat Sausage Patty  2 Scrambled Eggs  1/2c pinto beans w/ 1/2c Peppers & Onions  1sl. Wheat Bread w/1tsp Margarine  1c Tropical Fruit Salad | TUESDAY 28, 2025  BBQ Pulled Pork Sandwich  (3oz pork,1oz bbq sauce,1 wheat bun)  1/2c carrot raisin salad  1/2c Collard Greens w/ 1/4c Garlic & Onions  1c Fruit salad | WEDNESDAY 29, 2028  8oz Beef Stew  (3oz beef,1oz sauce, 1/2c potato & vegetables)  Wheat roll w/ 1 tsp margarine  1.5c Tossed salad w/ 2 TBSP light Italian Dressing  1c mandarin oranges and pineapple chunks | THURSDAY 30, 2025  3oz Chicken Breast w/2oz LS Gravy  1/3c LS brown rice pilaf  1c vegetable medley  3/4c Tossed Salad w/1 TBSP light ranch Dressing  Wheat roll w/ 1 tsp margarine  1c grapes | FRIDAY 31, 2025  CLOSED |

***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:**  **1** | **Days in Week:**  **4** | **Days in Week:**  **4** | **Days in Week:**  **3** | **Days in Week:**  **4** |
| Calories | 700 or more | 707.6 | 702.9 | 712.3 | 738.7 | 719.2 |
| % Carbohydrates from Calories | 45-55% | 50.6 | 47.2 | 53.0 | 45.6 | 51.4 |
| % Protein from Calories | 15-25% | 23.3 | 23.2 | 20.2 | 22.1 | 21.6 |
| % Fat from Calories | 25-35% | 26.1 | 29.6 | 26.8 | 32.4 | 27.0 |
| Saturated Fat | less than 8g | 8.0 | 7.9 | 8.0 | 8.0 | 7.0 |
| Fiber | 10g or more | 10.2 | 12.5 | 10.3 | 11.5 | 11.1 |
| Vitamin B-12 | .8ug or more | 2.0 | 2.8 | 2.1 | 3.4 | 2.4 |
| Vitamin A | 300ug RAE or more | 897.3 | 626.7 | 439.2 | 809.4 | 679.1 |
| Vitamin C | 30mg or more | 118.6 | 94.1 | 51.6 | 34.9 | 71.5 |
| Iron | 2.6mg or more | 2.7 | 5.7 | 5.1 | 5.8 | 4.6 |
| Calcium | 400mg or more | 439.2 | 457.3 | 509.3 | 450.6 | 449.9 |
| Sodium | less than 766mg | 676.4 | 764.3 | 756.9 | 731.7 | 760.5 |

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 18, 2024