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|  |  | WEDNESDAY 1, 2025CLOSED | THURSDAY 2, 20253oz Pork Chop2oz LS gravy 1/2c baked sweet potatoes (not candied)1c California Blend Vegetables 3/4c Tossed salad w/1 TBSP light Italian Dressing1 Wheat Roll 3/4c Tropical Fruit salad 1/2c SF gelatin  | FRIDAY 3, 2025CLOSED  |
| MONDAY 6, 20253.5oz Salisbury Steak w/2oz LS Gravy1/3c Parsley Potatoes 1c Broccoli w/Red Peppers1.5c Tossed Salad w/ 2TBSP LT Italian DressingWheat Roll 1/2c Spiced Peaches | TUESDAY 7, 2025Chef 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 DressingWheat roll 1c Fruit salad  | WEDNESDAY 8, 20254oz LS Roasted Chicken Thigh3/4c LS brown Rice1c vegetable medley 1.5c Tossed salad w/ 2 TBSP light Italian dressing1c strawberries 1/2 slice SF angel food cake  | THURSDAY 9, 2025Beef Tacos(3oz beef,1/2c lettuce & tomato,2 corn tortilla, 2 TBSP salsa)1c Yellow Squash & NAS diced Tomatoes1/2c LS Pinto BeansOrange  | FRIDAY 10, 2025CLOSED  |
| MONDAY 13, 2025Open Turkey Sandwich(2oz turkey,1 sl wheat bread,2oz LS gravy)1/3c Herb roasted Red Potatoes3/4c Roasted Brussel Sprouts1c Mixed Fruit1/2c Light (SF) nonfat vanilla yogurt  | TUESDAY 14, 20253oz Country Fried Steak1/2c Black eyed peas w/1oz LS Country Gravy1/2c Okra3/4Tossed Salad w/1 TBSP LT ranch DressingWW Roll w/ 1 tsp unsalted butter 3/4c Fruit Compote | WEDNESDAY 15, 2025Barbecue Chicken(3oz Chicken breast, 1 TBSP BBQ sauce) 1/2c Spinach 1c Pasta Salad(1/2c pasta,1/2c vegetables1/2c Fruit Cocktail1/2c SF Gelatin  | THURSDAY 16, 20253oz Meatloaf w/2oz LS Gravy1/3c Mashed potatoes 3/4c Green Beans 3/4c Tossed Salad w/1 TBSP light ranch dressing Wheat roll w/ 1 tsp unsalted butter Banana1 oatmeal cookie  | FRIDAY 17, 2025 |
|  MONDAY 20, 2025CLOSED | TUESDAY 21, 20256oz Beef Tips (3oz beef,2oz LS sauce,1/2c noodles)1/2c Mushrooms1/2c Carrots 1.5c Tossed salad w/ 2 TBSP light Italian dressing1/2c Applesauce | WEDNESDAY 22, 20251/2c Classic Chicken Salad Sandwich (3oz chicken,1/4c celery & onion,2 sl. wheat bread,1/2c lettuce)1c LS Tomato Soup1c Chateau blend vegetables1/2c Apricots  | THURSDAY 23, 20253/4c Beef Macaroni(3oz beef,1/2c macaroni)1c California blend veg1/2c LS beets1.5c Tossed salad w/ 2 TBSP light Italian dressing1/2c pears  | FRIDAY 24, 2025CLOSED  |
| MONDAY 27, 20251oz Reduced Fat Sausage Patty2 Scrambled Eggs1/2c pinto beans w/ 1/2c Peppers & Onions1sl. Wheat Bread w/1tsp Margarine1c Tropical Fruit Salad | TUESDAY 28, 2025BBQ Pulled Pork Sandwich(3oz pork,1oz bbq sauce,1 wheat bun)1/2c carrot raisin salad 1/2c Collard Greens w/ 1/4c Garlic & Onions1c Fruit salad  | WEDNESDAY 29, 20288oz 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 Dressing1c mandarin oranges and pineapple chunks | THURSDAY 30, 20253oz Chicken Breast w/2oz LS Gravy1/3c LS brown rice pilaf 1c vegetable medley3/4c Tossed Salad w/1 TBSP light ranch DressingWheat roll w/ 1 tsp margarine1c grapes  | FRIDAY 31, 2025CLOSED  |

***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