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| --- | --- | --- | --- | --- |
| Monday February 3  Chef Salad w/ Egg, Turkey, and Ham  (1.5C romaine lettuce, 1oz LS ham, 1oz turkey, 1HB egg, 1/4c red onion, 1/4c carrots, 1/4c cucumber)  2 TBSP light ranch dressing  1 ww roll w/ 1 tsp margarine  1c peaches | Tuesday February 4  8oz Chicken pot pie  (3oz chicken, 1/2c mixed veggies, 1oz sauce, 1oz crust)  3/4c spinach salad  (1/2c Spinach, 1/8c Red onion, ¼ HB egg)  2 TBSP light ranch Dressing  1c squash w/NAS diced tomatoes  3/4c fruit cocktail | Wednesday February 5  6oz RC enchiladas  (2oz Beef, 2 corn tortilla, 2oz RC sauce, 1oz Cheese)  1/2c lettuce and tomato)  1/2c LS pinto beans  1c Capri vegetables w/ 1 tsp margarine  3/4c apricots | Thursday February 6  6oz Chicken and Mushrooms  (3oz Chicken, 2oz LS gravy  1/4c Mushrooms)  1c California blend vegetables  Wheat roll  Oange | Friday February 7  Sloppy Joe  (2oz Beef, 1/4c Sauce, 1bun, 1/2c Peppers and onions)  1/3c LS parsley potatoes  1/2c LS cucumber and tomato salad  1/2c Pineapple Chunks  1/2c Light (SF) nonfat vanilla yogurt |
| Monday February 10  Spaghetti w/meatballs  (3oz meatballs, 1/2c noodles, 1/4c nas marinara)  1c Italian blend vegetables  3/4c garden salad w/1TBSP light Italian dressing  1 garlic bread stick  1 banana | Tuesday February 11  Chicken Fajitas  (3oz Chicken, 1/2c Peppers and onions, 2 TBSP salsa, 1 6in flour tortilla)  1/2c LS pinto beans  1/2c Spinach  1/2c berries  1/2c SF gelatin | Wednesday February 12  RC Beef and potatoes Burrito  (3oz Beef, 1/2c Potatoes  1 8n flour tortilla, 2oz RC sauce)  1c Island Blend vegetables  1c Tropical Fruit salad | Thursday February 13  Pulled pork sandwich  (3oz pork, 1oz sauce, 1 ww bun)  1/2c Coleslaw w/ 1 TBSP dressing  1c chateau blend vegetables  1/2c mandarin oranges | Friday February 14  3oz Roast beef  2oz LS Gravy  1/3c Garlic Mashed Potatoes  3/4c Broccoli  Wheat roll  1/2c Applesauce |
| Monday February 17  Closed for President’s Day | Tuesday February 18  4oz Pork Asado  (2oz Pork, 2oz RC sauce)  1 6in flour tortilla  1/2c Pinto beans  1/2c Calabacitas  1/2c Pineapple chunks  1/2c Light (SF) nonfat vanilla yogurt | Wednesday February 19  3oz Salisbury steak  1oz LS gravy  1/4c Mushrooms  1/2c LS Brown Rice Pilaf  1c Winter blend vegetables  1/2c spiced pears  1 slice SF Angel Food cake | Thursday February 20  3/4c LS Chicken and rice Casserole  (3oz Chicken 1/4c Rice, 0.5oz Cheese, 1oz Sauce)  1/2c Carrots w/ 1/4c red peppers  1.5c Tossed salad w/ 2 TBSP light Ranch Dressing  Wheat roll  1/2c Apricots | Friday February 21  Classic Hamburger  (1 wheat bun, 3oz patty, 1/2c lettuce, 2 slices tomato, 1 slice onion)  1/2c NAS potato wedges  1/2c Green beans  1c Fruit cocktail |
| Monday February 24  3oz Chicken Strips  2oz LS country Gravy  1/2c LS three bean salad  1/2c LS herb roasted Red potatoes  Wheat roll  1/2c Applesauce | Tuesday February 25  Beef Tacos  (2oz Beef, 2 corn tortilla, 1/2c lettuce and tomato, 2 TBSP salsa)  1/2c LS pinto beans  1c Chateau blend veg  1/2c Pears | Wednesday February 26  Chicken salad on a Croissant  (3/4c Chicken salad (3oz Chicken, 1 Petite croissant)  1/2c LS Carrot raisin salad  1/2c Beets  1c Tropical Fruit salad | Thursday February 27  2oz Kielbasa  1/2c peppers and onions  1/2c Red cabbage  Wheat roll  1/2c Mixed fruit  1/2c Light (SF) nonfat vanilla yogurt | Friday February 28  1c Beef Stew  (3oz Beef, 1/2c Vegetables  1.5c Garden salad w/ 2 TBSP light ranch dressing  1oz cornbread  Orange |

***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 | 700.8 | 711.1 | 730.7 | 744.4 |  |
| % Carbohydrates from Calories | 45-55% | 49.1 | 46.6 | 53.3 | 48.6 |  |
| % Protein from Calories | 15-25% | 22.3 | 24.9 | 21.1 | 20.3 |  |
| % Fat from Calories | 25-35% | 28.7 | 28.5 | 25.5 | 31.2 |  |
| Saturated Fat | less than 8g | 7.9 | 7.8 | 8.0 | 8.0 |  |
| Fiber | 10g or more | 10.9 | 10.4 | 11.3 | 12.3 |  |
| Vitamin B-12 | .8ug or more | 2.2 | 3.0 | 2.5 | 2.2 |  |
| Vitamin A | 300ug RAE or more | 482.3 | 358.0 | 544.1 | 505.1 |  |
| Vitamin C | 30mg or more | 47.9 | 77.1 | 48.3 | 63.9 |  |
| Iron | 2.6mg or more | 4.4 | 5.4 | 4.5 | 4.5 |  |
| Calcium | 400mg or more | 492.6 | 455.7 | 460.9 | 467.6 |  |
| Sodium | less than 766mg | 746.8 | 716.1 | 706.0 | 761.2 |  |

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 14, 2025