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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 dressing1 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 Dressing1c squash w/NAS diced tomatoes3/4c 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 beans1c Capri vegetables w/ 1 tsp margarine 3/4c apricots | Thursday February 6 6oz Chicken and Mushrooms(3oz Chicken, 2oz LS gravy1/4c Mushrooms)1c California blend vegetablesWheat rollOange  | 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 salad1/2c Pineapple Chunks 1/2c Light (SF) nonfat vanilla yogurt |
| Monday February 10Spaghetti w/meatballs (3oz meatballs, 1/2c noodles, 1/4c nas marinara)1c Italian blend vegetables3/4c garden salad w/1TBSP light Italian dressing1 garlic bread stick1 banana | Tuesday February 11Chicken Fajitas(3oz Chicken, 1/2c Peppers and onions, 2 TBSP salsa, 1 6in flour tortilla)1/2c LS pinto beans1/2c Spinach1/2c berries1/2c SF gelatin | Wednesday February 12RC Beef and potatoes Burrito(3oz Beef, 1/2c Potatoes1 8n flour tortilla, 2oz RC sauce)1c Island Blend vegetables1c Tropical Fruit salad  | Thursday February 13Pulled pork sandwich (3oz pork, 1oz sauce, 1 ww bun)1/2c Coleslaw w/ 1 TBSP dressing1c chateau blend vegetables1/2c mandarin oranges  | Friday February 14 3oz Roast beef2oz LS Gravy1/3c Garlic Mashed Potatoes3/4c BroccoliWheat roll1/2c Applesauce |
| Monday February 17 Closed for President’s Day | Tuesday February 18 4oz Pork Asado(2oz Pork, 2oz RC sauce)1 6in flour tortilla1/2c Pinto beans1/2c Calabacitas 1/2c Pineapple chunks 1/2c Light (SF) nonfat vanilla yogurt  | Wednesday February 19 3oz Salisbury steak1oz LS gravy1/4c Mushrooms1/2c LS Brown Rice Pilaf1c Winter blend vegetables1/2c spiced pears 1 slice SF Angel Food cake  | Thursday February 203/4c LS Chicken and rice Casserole(3oz Chicken 1/4c Rice, 0.5oz Cheese, 1oz Sauce)1/2c Carrots w/ 1/4c red peppers1.5c Tossed salad w/ 2 TBSP light Ranch DressingWheat roll1/2c Apricots  | Friday February 21Classic Hamburger (1 wheat bun, 3oz patty, 1/2c lettuce, 2 slices tomato, 1 slice onion)1/2c NAS potato wedges1/2c Green beans1c Fruit cocktail  |
| Monday February 24 3oz Chicken Strips2oz LS country Gravy1/2c LS three bean salad1/2c LS herb roasted Red potatoesWheat roll1/2c Applesauce | Tuesday February 25Beef Tacos(2oz Beef, 2 corn tortilla, 1/2c lettuce and tomato, 2 TBSP salsa)1/2c LS pinto beans1c Chateau blend veg1/2c Pears  | Wednesday February 26Chicken salad on a Croissant(3/4c Chicken salad (3oz Chicken, 1 Petite croissant)1/2c LS Carrot raisin salad1/2c Beets1c Tropical Fruit salad  | Thursday February 272oz Kielbasa1/2c peppers and onions1/2c Red cabbageWheat roll1/2c Mixed fruit1/2c Light (SF) nonfat vanilla yogurt  | Friday February 281c Beef Stew(3oz Beef, 1/2c Vegetables1.5c Garden salad w/ 2 TBSP light ranch dressing1oz cornbreadOrange  |

***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