|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY 3,2025**1c reduced sodium Beef Stew(3 oz Diced Beef, 1/2c Potatoes, carrots, onions, celery, 1 oz sauce)1/2c Steamed red Cabbage1oz Cornbread w/ 1 tsp unsalted butter1/2c Fruit Cocktail | **TUESDAY 4, 2025**Chicken Tenders2- 2oz chicken tenders1/3c mashed potatoes w/ 2 oz LS gravy1c Chateau Blend vegetables 1 WW Roll w/ 1tsp margarine 1 Medium Apple  | **WEDNESDAY 5, 2025**Chile Relleno(1oz cheese, 1 chile, 1oz crust, 2oz LS GC Sauce)1/2c LS Pinto beans 1c Capri Vegetables1 6in Flour Tortilla3/4c Pears | **THURSDAY 6 2025**Spaghetti(3 oz meat, 1/2c spaghetti, 3 oz NAS Marinara sauce)1c Italian Blend Vegetables3/4c Tossed Saladw/ 1 TBSP light ranch DressingOatmeal cookieBanana | **FRIDAY 7, 2025**BBQ pulled pork (3 oz pork 1 oz BBQ sauce)1/3c Potato salad3/4c Brussel Sprouts w/ 1 tsp unsalted butter 1 WW roll 1/2c peaches |
| **MONDAY 10, 2025**Chicken Alfredo(3 oz Chicken, 1/2c Fettuccine, 2oz Light Alfredo sauce)1/2c Green beans1/2c Beets3/4c Tossed salad w/ 2 TBSP light ranch1 Wheat roll w/ 1 tsp unsalted butter 3/4c Apricots  | **TUESDAY 11, 2025**Chicken Fried Steak1-3 oz chicken fried steak2oz LS Country Gravy1/2c LS Herb Roasted Red Potatoes1/2c BroccoliWW roll w/ 1 tsp unsalted butter 1c Mixed Fruit  | **WEDNESDAY 12, 2025**Chicken Terriyaki3 oz chicken breast, 1TBSP Reduced sodium teriyaki sauce½ c brown rice1c oriental veggies3/4c Tossed salad w/ 1 TBSP light Asian toasted sesame dressingOrange | **THURSDAY 13, 2025**Tuna salad sandwich(3/4c tuna salad, 2 slices wheat bread, 1/2c lettuce and tomato)1/2c Roasted Cauliflower 1/2c Carrots1c Tropical Fruit Salad  | **FRIDAY 14, 2025**1c Grn Chile Chicken Posole(3 oz Diced Chicken , 1/2c hominy, 1/4c green chile)1c yellow squash w/ NAS Diced tomatoes1 6in flour tortilla1 c Strawberries **and** bananas |
| **MONDAY 17, 2025**Drumstick chicken1 4-oz LS herbed drumstick1/3c Scalloped Potatoes1c Broccoli and Cauliflower w/ 1 tsp unsalted butter 1 ww Roll w/ 1 tsp unsalted butterFresh pear  | **TUESDAY 18, 2025**Navajo Taco(1oz Fry bread, 3oz Beef, 1/2c LS Pinto beans, 1/2c lettuce and tomato,1/4c onions, 2 TBSP Salsa)1c capri vegetables w/ 1 tsp unsalted butter 1c pineapple tidbits | **WEDNESDAY 19, 2025**Chicken Adovada (3 oz diced chicken, 1/4c red Chile sauce, 1 6 in flour tortilla) 1/2c Zucchini1/2c Spinach1/2c Mandarin oranges 1/2c Sugar free Gelatin | **THURSDAY 20, 2025**Cheeseburger (3oz beef patty, 1 oz cheese, 1 hamburger bun1/2c lettuce, 1 slice tomato, 1 slice onion)1/2c Potato wedges1/2c Cucumber and tomato salad 1c applesauce  | **FRIDAY 21, 2025**Chicken Parmesan(3 oz chicken crusted parm,)1/2c Spaghetti w/ 2oz NAS marinara sauce3/4c Roasted Brussel sprouts 1.5c Tossed salad w/ 2 TBSP light ranch dressing1c Fruit cocktail |
| **MONDAY 24, 2025** 6oz Green Chile Hamburger stew(3oz Beef, 1oz GC, 1oz Potatoes)1.5c Green Salad w/ 2 TBSP Light Ranch Dressing1 6in Flour Tortilla1/2c Spiced peaches½ slice SF angel food cake | **TUESDAY 25, 2025**BBQ Chicken (3 oz chicken, 2 TBSP BBQ sauce)1c Green Beans w/ NAS Diced tomato 1oz Cornbread w/ 1 tsp unsalted butter 1c Mandarin Oranges and diced mango | **WEDNESDAY 26, 2025**Beef Fajitas(3oz Beef, 1/2c Peppers and onions, 1 6in flour tortilla, 2 Tbsp. Salsa)1/2c LS Pinto Beans1c Chateau Blend Vegetable w/ 1 tsp unsalted butter 1c Apricots  | **THURSDAY 27, 2025**2oz polish Sausage 3/4c LS c brown rice pilaf1/2c peppers & onions1/2c red cabbage1/2c light (SF) Vanilla nonfat Yogurt1c Berries |  **FRIDAY 28, 2025**Sloppy Joes (3 oz Ground beef, 1/4c Manwich1 hamburger bun) 1/3c Sweet potato fries1c California blend vegetables1/2c Vanilla puddingBanana |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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:****5** | **Days in Week:****5** | **Days in Week:****n/a** |
| Calories | 700 or more | 707.3 | 708.45 | 702.5 | 709.4 |  |
| % Carbohydrates from Calories | 45-55% | 53.5 | 51.7 | 48.6 | 52.1 |  |
| % Protein from Calories | 15-25% | 19.8 | 23.0 | 24.1 | 20.3 |  |
| % Fat from Calories | 25-35% | 26.7 | 25.3 | 27.3 | 27.6 |  |
| Saturated Fat | less than 8g | 8.0 | 6.0 | 8.0 | 7.9 |  |
| Fiber | 10g or more | 13.0 | 10.0 | 11.4 | 10.9 |  |
| Vitamin B-12 | .8ug or more | 2.3 | 2.0 | 2.3 | 2.6 |  |
| Vitamin A | 300ug RAE or more | 427.2 | 480.9 | 470.9 | 473.9 |  |
| Vitamin C | 30mg or more | 40.1 | 88.6 | 52.7 | 59.9 |  |
| Iron | 2.6mg or more | 4.3 | 4.4 | 5.4 | 4.3 |  |
| Calcium | 400mg or more | 447.7 | 459.8 | 498.9 | 497.8 |  |
| Sodium | less than 766mg | 759.0 | 766.6 | 758.7 | 765.9 |  |

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 13, 2025