|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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 Cabbage  1oz Cornbread w/ 1 tsp unsalted butter  1/2c Fruit Cocktail | **TUESDAY 4, 2025**  Chicken Tenders  2- 2oz chicken tenders  1/3c mashed potatoes  w/ 2 oz LS gravy  1c 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 Vegetables  1 6in Flour Tortilla  3/4c Pears | **THURSDAY 6 2025**  Spaghetti  (3 oz meat, 1/2c spaghetti, 3 oz NAS Marinara sauce)  1c Italian Blend Vegetables  3/4c Tossed Salad  w/ 1 TBSP light ranch Dressing  Oatmeal cookie  Banana | **FRIDAY 7, 2025**  BBQ pulled pork  (3 oz pork 1 oz BBQ sauce)  1/3c Potato salad  3/4c 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 beans  1/2c Beets  3/4c Tossed salad w/ 2 TBSP light ranch  1 Wheat roll w/ 1 tsp unsalted butter  3/4c Apricots | **TUESDAY 11, 2025**  Chicken Fried Steak  1-3 oz chicken fried steak  2oz LS Country Gravy  1/2c LS Herb Roasted Red Potatoes  1/2c Broccoli  WW roll w/ 1 tsp unsalted butter  1c Mixed Fruit | **WEDNESDAY 12, 2025**  Chicken Terriyaki  3 oz chicken breast, 1TBSP Reduced sodium teriyaki sauce  ½ c brown rice  1c oriental veggies  3/4c Tossed salad w/ 1 TBSP light Asian toasted sesame dressing  Orange | **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 Carrots  1c 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 tomatoes  1 6in flour tortilla  1 c Strawberries **and** bananas |
| **MONDAY 17, 2025**  Drumstick chicken  1 4-oz LS herbed drumstick  1/3c Scalloped Potatoes  1c Broccoli and Cauliflower w/ 1 tsp unsalted butter  1 ww Roll w/ 1 tsp unsalted butter  Fresh 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 Zucchini  1/2c Spinach  1/2c Mandarin oranges  1/2c Sugar free Gelatin | **THURSDAY 20, 2025**  Cheeseburger  (3oz beef patty, 1 oz cheese, 1 hamburger bun  1/2c lettuce, 1 slice tomato, 1 slice onion)  1/2c Potato wedges  1/2c Cucumber and tomato salad  1c applesauce | **FRIDAY 21, 2025**  Chicken Parmesan  (3 oz chicken crusted parm,)  1/2c Spaghetti w/ 2oz NAS marinara sauce  3/4c Roasted Brussel sprouts  1.5c Tossed salad w/ 2 TBSP light ranch dressing  1c 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 Dressing  1 6in Flour Tortilla  1/2c Spiced peaches  ½ 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 Beans  1c Chateau Blend Vegetable w/ 1 tsp unsalted butter  1c Apricots | **THURSDAY 27, 2025**  2oz polish Sausage  3/4c LS c brown rice pilaf  1/2c peppers & onions  1/2c red cabbage  1/2c light (SF) Vanilla nonfat Yogurt  1c Berries | **FRIDAY 28, 2025**  Sloppy Joes  (3 oz Ground beef, 1/4c Manwich  1 hamburger bun)  1/3c Sweet potato fries  1c California blend vegetables  1/2c Vanilla pudding  Banana |

***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