

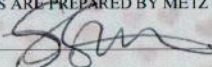


Senior Resource Association – February 2019 – Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Baked Chicken Breast 1 3 oz chicken 1/2 cup green and wax beans 1/2 cup baked sweet potatoes 1 slice whole wheat bread 1/2 cup mixed berries
Roast Turkey 4 3 oz turkey 1/2 cup mashed potatoes 1/2 cup roasted beets and carrots 1 slice whole wheat bread whole wheat crackers	Tuna Noodle Casserole 5 3 oz tuna 1/2 cup peas and carrots 1/2 cup noodles 1/2 cup tropical fruit	Turkey Swiss Wrap 6 3 oz turkey & 1 oz swiss cheese lettuce & tomato 1/2 cup cole slaw 1 cup garden vegetable soup whole wheat tortilla whole grain crackers	Lemon Butter Fish 7 3 oz whitefish 1/2 cup garlic zucchini and yellow squash 1/2 cup boiled new potatoes 1 slice whole wheat bread 1/2 cup spiced peaches	Beef Goulash 8 3 oz ground beef 1/2 cup green beans and carrots 1/2 cup whole wheat noodles whole wheat crackers 1/2 cup mixed berries
Chicken with Gravy 11 3 oz chicken 1/2 cup Brussel sprouts 1/2 cup mashed potatoes 1 slice whole wheat bread	Turkey Piccata 12 3 oz turkey 1/2 cup broccoli and cauliflower 1/2 cup whole wheat spaghetti 1/2 cup scalloped pears	Chicken Cobb Salad 13 2 oz chicken, 1/2 oz ham, 1/2 oz cheese, & 1/2 oz hard boiled egg 1 cup vegetables 1 cup minestrone soup 1 whole wheat dinner roll 1 orange	Fish Almandine 14 3 oz whitefish 1/2 cup parslid potatoes 1/2 cup snap peas 1 slice whole wheat bread whole wheat crackers	Cajun Turkey 15 3 oz turkey 1/2 cup sweet potatoes 1/2 cup southern style spinach 1 slice whole wheat bread 1/2 cup cinnamon applesauce
CLOSED FOR THE HOLIDAY! 18 	Beef & Broccoli Stir Fry 19 3 oz beef 1/2 cup Asian vegetable medley 1 cup brown rice whole wheat crackers 1/2 cup mixed berries	Ham & Cheddar Sandwich 20 3 oz ham & 1 oz cheddar cheese lettuce & tomato 1/2 cup tomato & onion salad 1 cup broccoli cheddar soup dinner roll whole wheat crackers	Baked Fish with Parsley Butter 21 3 oz white fish 1/2 cup oven roasted potatoes 1/2 cup broccoli 1 slice whole wheat bread 1/2 cup apple bread pudding	Roast Beef 22 3 oz beef 1/2 cup mashed potatoes 1/2 cup cauliflower and peas 1 slice whole wheat bread whole wheat crackers
Chicken Marsala 25 3 oz chicken 1/2 cup green beans 1/2 cup roasted red potatoes 1 slice whole wheat bread 1/2 cup fruit cocktail	Fiesta Pork Loin 26 3 oz pork 1/2 cup "chuck wagon" corn 1/2 cup sautéed peppers & onions 1 slice whole wheat bread 1/2 cup spiced peaches	BBQ Chicken Salad 27 3 oz seasoned chicken with 1 cup greens, cherry tomato, shredded cheddar, & bacon 1 cup broccoli cheddar soup dinner roll 1/2 cup diced peaches	Fish Florentine 28 3 oz whitefish 1/2 cup dilled carrots 1/2 cup mashed potatoes 1 slice whole wheat bread	 Senior Resource Association Providing activities, education and services

THIS MENU MEETS THE OLDER AMERICANS NUTRITIONAL ACT REQUIREMENTS, WITH DAILY SOURCES OF EITHER VITAMIN A OR C (DENOTED WITH AN ASTERISK) *MEALS ARE PREPARED BY METZ CULINARY MANAGEMENT & APPROVED BY A CERTIFIED NUTRITIONIST.

CERTIFIED BY:  SARAH STAR, RD, LDN 12/28/18 DATE

MEALS PROVIDE A MINIMUM OF 1/2 RECOMMENDED DAILY ALLOWANCE
ALL MEALS ARE SERVED WITH AN 8 OZ 1% MILK
VEGETABLES & FRUIT - 3 (1/2) PORTIONS
1 TSP OF BUTTER SURVED WITH EVERY MEAL
BREAD OR EQUIVALENT - 1 SERVING
MEAT OR ALTERNATIVE - 3 OZ COOKED EDITABLE PORTION
FAT - 1 TEASPOON