

# Senior Resource Association – March 2019 – Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				<p><b>Roast pork</b> 1</p> <p>3 oz pork 1/2 cup oven roasted potatoes 1/2 cup broccoli 1 slice whole wheat bread whole wheat crackers 1/2 cup baked apples</p>
<p><b>Baked Chicken Breast</b> 4</p> <p>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</p>	<p><b>Roast Turkey</b> 5</p> <p>3 oz turkey 1/2 cup mashed potatoes 1/2 cup roasted beets and carrots 1 slice whole wheat bread whole wheat crackers</p>	<p><b>Tuna Salad on Kaiser</b> 6</p> <p>3 oz tuna lettuce &amp; tomato Kaiser Roll 1 cup vegetarian vegetable soup whole grain crackers 1/2 cup diced pineapple</p>	<p><b>Pork &amp; Pepper</b> 7</p> <p>3 oz pork 1/2 cup broccoli &amp; carrots 1/2 cup peppers 1 slice whole wheat bread</p>	<p><b>Lemon Butter Fish</b> 8</p> <p>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</p>
<p><b>Beef Goulash</b> 11</p> <p>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</p>	<p><b>Chicken with Gravy</b> 12</p> <p>3 oz chicken 1/2 cup Brussel sprouts 1/2 cup mashed potatoes 1 slice whole wheat bread</p>	<p><b>Chicken Cobb Salad</b> 13</p> <p>2 oz chicken, 1/2 oz ham, 1/2 oz cheese, &amp; 1/2 oz hard boiled egg 1 cup vegetables 1 cup minestrone soup 1 whole wheat dinner roll 1 orange</p>	<p><b>Chicken Thigh</b> 14</p> <p>3 oz chicken 1/2 cup succotash 1/2 cup mashed potatoes 1 slice whole wheat bread whole wheat crackers</p>	<p><b>Fish Almondine</b> 15</p> <p>3 oz whitefish 1/2 cup parslied potatoes 1/2 cup snap peas 1 slice whole wheat bread whole wheat crackers</p>
<p><b>Cajun Turkey</b> 18</p> <p>3 oz turkey 1/2 cup sweet potatoes 1/2 cup southern style spinach 1 slice whole wheat bread 1/2 cup cinnamon applesauce</p>	<p><b>Baked Pork Chop</b> 19</p> <p>3 oz pork chop 1/2 cup boiled new potatoes 1/2 cup warm beets 1 slice whole wheat bread 1/2 cup tropical fruit</p>	<p><b>Ham &amp; Cheddar Sandwich</b> 20</p> <p>3 oz ham &amp; 1 oz cheddar cheese lettuce &amp; tomato 1/2 cup tomato &amp; onion salad 1 cup broccoli cheddar soup Kaiser roll whole wheat crackers</p>	<p><b>Roast Turkey</b> 21</p> <p>3 oz turkey 1/2 cup sweet potatoes 1/2 cup brussels sprouts 1 slice whole wheat bread 1/2 cup cinnamon applesauce</p>	<p><b>Baked Fish with Parsley Butter</b> 22</p> <p>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</p>
<p><b>Roast Beef</b> 25</p> <p>3 oz beef 1/2 cup mashed potatoes 1/2 cup cauliflower and peas 1 slice whole wheat bread whole wheat crackers</p>	<p><b>Chicken Marsala</b> 26</p> <p>3 oz chicken 1/2 cup green beans 1/2 cup roasted red potatoes 1 slice whole wheat bread 1/2 cup fruit cocktail</p>	<p><b>Italian Deli Sub</b> 27</p> <p>Ham, Salami, Provolone, Lettuce, &amp; Tomato 1/2 cup cole slaw 1 cup roasted vegetable soup dinner roll 1/2 cup fresh apple slices Italian dressing</p>	<p><b>Rotini Pasta w/ Turkey Meat Sauce</b> 28</p> <p>3 oz ground turkey 1 oz marinara sauce 1/2 cup spinach 1/2 cup whole wheat pasta 1 slice whole wheat bread 1/2 cup tropical fruit</p>	<p><b>Fish Florentine</b> 29</p> <p>3 oz whitefish 1/2 cup dilled carrots 1/2 cup mashed potatoes 1 slice whole wheat bread</p>

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. \_\_\_\_\_ 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 SERVED WITH EVERY MEAL  
BREAD OR EQUIVALENT = 1 SERVING  
MEAT OR ALTERNATIVE = 3 OZ COOKED EDITABLE PORTION  
FAT = 1 TEASPOON