



Senior Resource Association – April 2019 – Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Oven Fried Chicken 1 3 oz. chicken 1/2 cup mashed potatoes 1/2 cup green and wax beans 1 slice whole wheat bread 1/2 cup mixed berries	BBQ Pork Chop 2 3 oz. pork 1/2 cup baked sweet potatoes 1/2 cup broccoli 1 slice whole wheat bread	Turkey Swiss Wrap 3 3 oz. Turkey 1 oz. Swiss cheese, lettuce, & tomato 1/2 cup coleslaw 1 cup garden vegetable soup whole wheat tortillas & crackers 1/2 cup diced pears	Turkey Piccata 4 3 oz. turkey 1/2 cup roasted red potatoes 1/2 cup broccoli and cauliflower 1 slice whole wheat bread	Baked Fish & Caper Sauce 5 3 oz. whitefish 1/2 cup oven roasted potatoes 1/2 cup snap peas 1 slice whole wheat bread
Baked Pork Chop 8 3 oz. pork chop 1/2 cup mashed potatoes 1/2 cup green beans 1 slice whole wheat bread 1/2 cup applesauce	Chicken Parmesan 9 3 oz. chicken 1/2 cup broccoli 1/2 cup whole wheat penne pasta 1/2 cup scalloped pears	Chicken Cobb Salad 10 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	Roast Turkey 11 3 oz. turkey 1/2 cup roasted red potatoes 1/2 cup peas and pearl onions whole wheat crackers	Caribbean Fish 12 3 oz. whitefish 1/2 cup Caribbean vegetable blend 1/2 cup Caribbean black beans 1 slice whole wheat bread whole wheat crackers
Lemon Olive Chicken 15 3 oz. chicken 1/2 cup mashed cauliflower 1/2 cup garlic spinach 1 slice whole wheat bread 1/2 cup baked apples	Turkey Diane 16 3 oz. turkey 1/2 cup oven roasted potatoes 1/2 cup broccoli 1 slice whole wheat bread saltine crackers 1/2 cup mixed berries	Ham & Cheddar Sandwich 17 3 oz. ham & 1 oz. cheddar cheese lettuce & tomato 1/2 cup tomato & onion salad 1 cup broccoli cheddar soup Kaiser roll whole wheat crackers	Fish Florentine 18 3 oz. whitefish 1/4 cup stewed tomatoes 1/2 cup broccoli and carrots 1 slice whole wheat bread 1/2 cup spiced peaches	
Pot Roast 22 3 oz. beef 1/2 cup mashed potatoes 1/2 cup peas and carrots 1 slice whole wheat bread whole wheat crackers	Glazed Pork 23 3 oz. pork chop 1/2 cup mashed sweet potatoes 1/2 cup brussels sprouts 1 slice whole wheat bread	BBQ Chicken Salad 24 3 oz. seasoned chicken 1 cup greens, cherry tomato, shredded cheddar, and bacon 1 cup broccoli cheddar soup Kaiser roll 1/2 cup diced peaches	Chicken Scampi 25 3 oz. chicken 1 oz. sauce 1/2 cup roasted zucchini & red peppers 1/2 cup garlic spinach 1/2 cup whole wheat spaghetti 1/2 cup spiced peaches	Tomato Basil Fish 26 3 oz. whitefish 1/2 cup broccoli and red peppers 1/2 cup parsley boiled potatoes 1 slice whole wheat bread saltine crackers 1/2 cup applesauce
Chicken & Sausage Bake 29 2 oz. chicken, 1 oz. sausage 1/2 cup peppers & onions 1/2 cup oven roasted potatoes 1 slice whole wheat bread 1/2 cup scalloped pears	Oven Fried Chicken 30 3 oz. chicken 1/2 cup mashed potatoes 1/2 cup green and wax beans 1 slice whole wheat bread 1/2 cup mixed berries			

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