


# Senior Resource Association – June 2019 – Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Turkey Piccata</b> 3 3 oz. turkey 1/2 cup roasted red potatoes 1/2 cup broccoli and cauliflower 1 slice whole wheat bread	<b>Baked Fish &amp; Caper Sauce</b> 4 3 oz. whitefish 1/2 cup oven roasted potatoes 1/2 cup snap peas 1 slice whole wheat bread	<b>Tuna Salad on Kaiser</b> 5 3 oz. Tuna lettuce & tomato 1 cup vegetarian vegetable soup kaiser roll whole wheat crackers 1/2 cup fresh apple slices	<b>Chicken Parmesan</b> 6 3 oz. chicken 1/2 cup broccoli 1/2 cup whole wheat penne pasta 1/2 cup scalloped pears	<b>Beef and Broccoli</b> 7 3 oz. beef 1/2 cup stir fried spinach 1/2 cup whole wheat noodles 1/2 cup berry crisp
<b>Roast Turkey</b> 10 3 oz. turkey 1/2 cup roasted red potatoes 1/2 cup peas and pearl onions 1 slice whole wheat bread	<b>Caribbean Fish</b> 11 3 oz. whitefish 1/2 cup Caribbean vegetable blend 1/2 cup Caribbean black beans 1 slice whole wheat bread whole wheat crackers	<b>Chicken Cobb Salad</b> 12 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	<b>Turkey Diane</b> 13 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	<b>Beef Cube Steak</b> 14 3 oz. beef 1/2 cup mashed potatoes 1/2 cup brussels sprouts 1 slice whole wheat bread
<b>Fish Florentine</b> 17 3 oz. whitefish 1/4 cup stewed tomatoes 1/2 cup broccoli and carrots 1 slice whole wheat bread 1/2 cup spiced peaches	<b>Lemon Pepper Pork Loin</b> 18 3 oz. pork chop 1/2 cup boiled new potatoes 1/2 cup green beans 1 slice whole wheat bread 1/2 cup pears	<b>Ham &amp; Cheddar Sandwich</b> 19 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	<b>Glazed Pork</b> 20 3 oz. pork chop 1/2 cup mashed sweet potatoes 1/2 cup brussels sprouts 1 slice whole wheat bread	<b>Turkey Santa Fe</b> 21 3 oz. turkey 1/2 cup chuckwagon corn 1/2 cup black beans 1/2 cup brown rice
<b>Chicken Scampi</b> 24 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	<b>Tomato Basil Fish</b> 25 3 oz. whitefish 1/2 cup broccoli & red peppers 1/2 cup parsley boiled potatoes 1 slice whole wheat bread whole wheat crackers 1/2 cup applesauce	<b>Italian Sub</b> 26 Ham, Salami, & Provolone cheese lettuce & tomato 1/2 cup cole slaw 1 cup roasted vegetable soup Kaiser roll 1/2 cup fresh apple slices	<b>Oven Fried Chicken</b> 27 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	<b>BBQ Pork Chop</b> 28 3 oz. pork 1/2 cup baked sweet potatoes 1/2 cup broccoli 1 slice whole wheat bread
				

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