



Senior Resource Association – July 2020 – Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Senior Resource ASSOCIATION <i>Promoting Independence in our Community</i></p>		<p>Turkey Salad Sandwich ¹</p> <p>3 oz. Turkey Salad 1 cup Vegetable Rice Soup 2 slices whole wheat bread Margarine 1 Fresh Orange</p>	<p>Italian Beef & Pesto ²</p> <p>3 oz. Italian Beef with Pesto 3/4 cup cauliflower and red peppers 1/2 cup orzo 1 slice whole wheat bread Margarine 1/2 cup diced pears</p>	<p>CLOSED– HOLIDAY ³</p> 
<p>Chicken Caprese ⁶</p> <p>3 oz. chicken 3/4 cup parslied cauliflower 1/2 cup balsamic glazed potatoes 1 slice whole wheat bread 1/2 cup diced pears</p>	<p>Lemon Pepper Pork Loin ⁷</p> <p>3 oz. pork 3/4 cup zucchini & tomatoes 1/2 cup parslied brown rice 1 slice whole wheat bread 1/2 cup mandarin oranges</p>	<p>Taco Salad ⁸</p> <p>2 oz. ground beef 1 cup black bean soup 1 whole wheat dinner roll Margarine & crackers 1/2 cup tropical fruit</p>	<p>BBQ Glazed Turkey Meatloaf ⁹</p> <p>3 oz. ground turkey 3/4 cup green & wax beans 1/2 cup mashed potatoes 1 slice whole wheat bread Margarine 1/2 cup baked apples</p>	<p>Beef & Broccoli ¹⁰</p> <p>3 oz. beef 3/4 cup stir fry vegetables 1/2 cup whole wheat noodles 1 slice whole wheat bread 1/2 cup tropical fruit</p>
<p>Turkey Pasta Primavera ¹³</p> <p>3 oz. turkey 3/4 cup Italian vegetable medley 1/2 cup whole wheat pasta 1 slice whole wheat bread 1/2 cup diced pears</p>	<p>Beef w/ Lemmon Caper Sauce ¹⁴</p> <p>3 oz. beef 3/4 cup parsley buttered carrots 1/2 cup mashed potatoes 1 slice whole wheat bread 1/2 cup applesauce</p>	<p>Summer Chicken Salad Pita ¹⁵</p> <p>3 oz. chicken 1 cup tomato basil soup Pita Bread 1 package crackers 1 Fresh Orange</p>	<p>Hawaiian Pork ¹⁶</p> <p>3 oz. pork 3/4 cup Key West vegetable blend 1/2 cup brown rice 1 slice whole wheat bread 1/2 cup diced pineapple</p>	<p>Cajun Style Chicken ¹⁷</p> <p>3/4 cup broccoli 1/2 cup roasted sweet potatoes 1 slice whole wheat bread 1/2 cup tropical fruit</p>
<p>Thyme Baked Chicken ²⁰</p> <p>3 oz. chicken 3/4 cup green beans 1/2 cup summer succotash 1 slice whole wheat bread 1/2 cup diced pineapple</p>	<p>Maple Mustard Pork ²¹</p> <p>3 oz. pork 3/4 cup steamed greens 1/2 mashed sweet potatoes 1 slice whole wheat bread 1/2 cup tropical fruit</p>	<p>Chef Salad ²²</p> <p>2 oz. chicken, 1/2 oz. ham, 1/2 oz. cheese 1 cup vegetables 1 cup minestrone soup whole wheat dinner roll 1 package crackers 1/2 cup mandarin oranges</p>	<p>Honey Ginger Chicken ²³</p> <p>3 oz. roast chicken 3/4 cup snap peas 1/2 cup brown rice 1 slice whole wheat bread 1/2 cup mandarin oranges</p>	<p>Meatballs Marinara ²⁴</p> <p>3 oz. meatballs 3/4 cup broccoli & cauliflower 1/2 cup whole wheat spaghetti 1 slice whole wheat bread 1/2 cup tropical fruit</p>
<p>Greek Pasta Salad ²⁷</p> <p>3 oz. chicken 3/4 cup lemon garlic broccoli 1/2 cup pasta 1 slice whole wheat bread 1/2 cup mandarin oranges</p>	<p>Korean BBQ Pork ²⁸</p> <p>3 oz. pork 3/4 cup Asian vegetable medley 1/2 cup brown rice 1 slice whole wheat bread 1/2 cup tropical fruit</p>	<p>Turkey Salad Sandwich ²⁹</p> <p>3 oz. Turkey Salad 1 cup Vegetable Rice Soup 2 slices whole wheat bread Margarine 1 Fresh Orange</p>	<p>Italian Beef & Pesto ³⁰</p> <p>3 oz. Italian Beef with Pesto 3/4 cup cauliflower and red peppers 1/2 cup orzo 1 slice whole wheat bread Margarine 1/2 cup diced pears</p>	<p>Pork Chop w/ Peach Salsa ³¹</p> <p>3 oz. pork w/ peach salsa 3/4 cup green beans Oven Roasted Potatoes 1 slice whole wheat bread 1/2 cup pineapple</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 1/3 RECOMMENDED DAILY ALLOWANCE
ALL MEALS ARE SERVED WITH AN 8 OZ 1% MILK
VEGETABLES & FRUIT = 2 (1/2) PORTIONS
1 TSP OF MARGARINE SURVED WITH EVERY MEAL
BREAD OR EQUIVALENT = 1 SERVING
MEAT OR ALTERNATIVE = 2 OZ COOKED EDITABLE PORTION
FAT = 1 TEASPOON