




Senior Resource Association – January – Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Senior Resource ASSOCIATION</p> <p><i>Promoting Independence in our Community</i></p>				<p>1</p> <p>CLOSED—HOLIDAY</p>
<p>Chicken Bruschetta 4</p> <p>3 oz. chicken 3/4 cup green beans 1/2 cup whole wheat pasta 1 slice whole wheat bread 1/2 cup tropical fruit</p>	<p>Apple Ginger Pork 5</p> <p>3 oz. pork 3/4 cup broccoli 1/2 parslied potatoes 1 slice whole wheat bread 1 fresh banana</p>	<p>Ham & Swiss Sandwich 6</p> <p>3 oz. ham, 1/2 oz. cheese 1 cup vegetable soup whole wheat bun 1 package crackers 1 fresh orange</p>	<p>Chicken Alfredo 7</p> <p>3 oz. chicken 3/4 cup green beans 1/2 cup whole wheat penne pasta 1 slice whole wheat bread 1/2 cup tropical fruit</p>	<p>Salisbury Steak 8</p> <p>3 oz. steak with demi glaze 1/2 cup corn 1/2 cup mashed potatoes 1 slice whole wheat bread 1/2 cup applesauce</p>
<p>Herb Roasted Pork 11</p> <p>3 oz. pork 3/4 cup green & wax beans 1/2 cup mashed potatoes 1 slice whole wheat bread 1/2 cup tropical fruit</p>	<p>Sweet & Sour Chicken 12</p> <p>3 oz. chicken 3/4 cup stir fry broccoli 1/2 cup brown rice 1 slice whole wheat bread 1 fresh apple</p>	<p>Chicken Cobb Salad 13</p> <p>3 oz. chicken & lettuce 1 cup cream of broccoli soup 1 slice whole wheat bread 1/2 cup diced pears</p>	<p>Turkey Sausage Omelet 14</p> <p>3 oz. turkey sausage & eggs 3/4 cup breakfast potatoes 1 whole wheat roll 1 fresh orange</p>	<p>Korean BBQ Pork 15</p> <p>3 oz. BBQ pork 3/4 cup brussels sprouts 1/2 cup brown rice 1 slice whole wheat bread 1 fresh banana</p>
 <p>CLOSED—HOLIDAY</p>	<p>Cranberry Glazed Turkey 19</p> <p>3 oz. turkey 1/2 cup green beans 1/2 cup mashed potatoes 1 slice whole wheat bread 1/2 cup baked apples</p>	<p>Deli Sandwich 20</p> <p>3 oz. deli meat 1/2 oz. cheese 1 cup minestrone soup 1 whole wheat bun 1 package crackers 1/2 cup tropical fruit</p>	<p>BBQ Chicken 21</p> <p>3 oz. BBQ chicken 1/2 cup mixed vegetables 1/2 cup diced potatoes 1 slice whole wheat bread 1/2 cup mandarin oranges</p>	<p>Herb Roasted Pork 22</p> <p>3 oz. pork 1/2 cup cabbage 1/2 cup boiled new potatoes 1 slice whole wheat bread 1/2 cup applesauce</p>
<p>Marsala Meatballs 25</p> <p>3 oz. meatballs 1/2 cup parsley buttered carrots 1/2 mashed potatoes 1 slice whole wheat bread 1/2 cup pears</p>	<p>Pulled Pork 26</p> <p>3 oz. pork 1/2 cup broccoli 1/2 cup sweet potatoes 1 slice whole wheat bread 1/2 cup peaches</p>	<p>Chicken Taco Salad 27</p> <p>3 oz. chicken, cheese & salad 1 cup black bean soup 1 slice whole wheat bread 1 package crackers 1 Fresh Orange</p>	<p>Marinera Meat Sauce 28</p> <p>3 oz. beef 3/4 cup cauliflower 1/2 cup whole wheat penne pasta 1 slice whole wheat bread 1 fresh apple</p>	<p>Roast Turkey w/ Gravy 29</p> <p>3 oz. turkey w/ gravy 1/2 cup diced carrots 1/2 cup garlic mashed potatoes 1 slice whole wheat bread 1 fresh banana</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