


Senior Resource Association – April – Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Senior Resource ASSOCIATION <i>Promoting Independence in our Community</i></p>			<p>Marinara Meat Sauce 1</p> <p>3 oz. ground beef 1/2 cup marinara sauce 3/4 cup cauliflower 1/2 cup whole wheat penne pasta 1 slice whole wheat bread 1 fresh apple</p>	<p>CLOSED 2</p> <p>HOLIDAY</p>
<p>Chicken Marsala 5</p> <p>3 oz. chicken 2 oz. sauce 3/4 cup green beans 1/2 cup noodles 1 slice whole wheat bread 1/2 cup mandarin oranges</p>	<p>BBQ Pork 6</p> <p>3 oz. pork 1 oz. BBQ sauce 3/4 cup broccoli 1/2 cup parslid potatoes 1 slice whole wheat bread 1 fresh banana</p>	<p>Italian Deli Sandwich 7</p> <p>2 oz. ham 1 oz. salami 1 oz. chicken lettuce & tomato 1 cup roasted vegetable soup 1 whole wheat bun 1/2 cup diced pears</p>	<p>Chicken & Dumplings 8</p> <p>3 oz. chicken 1/4 cup vegetable stew 1/32 cup brussels sprouts 2 oz. biscuit 1/2 cup cinnamon apples</p>	<p>Salisbury Steak w/ Demiglace 9</p> <p>3 oz. beef patty 1 oz. demiglace 1/2 cup corn 1/2 cup mashed potatoes 1 slice whole wheat bread 1/2 cup applesauce</p>
<p>Mexican Turkey 12</p> <p>3 oz. ground turkey 3/4 cup corn & diced tomatoes 1/2 cup brown rice 1 oz. tortilla scoops 1/2 cup mixed fruit</p>	<p>Beef Goulash 13</p> <p>3 oz. ground beef 1/4 cup vegetable stew 1/2 cup peppers & onions 1/2 cup whole wheat pasta 1 slice whole wheat bread 1/2 cup peaches</p>	<p>Chef Salad 14</p> <p>1 oz. ham 1 oz. turkey .5 oz. cheese 1 1/2 cup salad vegetables 1 cup chicken noodle soup 1 whole wheat bread 1/2 cup mixed fruit</p>	<p>Omelet & Sausage 15</p> <p>3 oz. egg omelet 1 oz. turkey sausage 3/4 cups breakfast potatoes 1 slice whole wheat bread 1 fresh orange</p>	<p>Herb Roasted Chicken 16</p> <p>3 oz. chicken 3/4 cup mixed vegetables 1/2 cup brown rice 1 slice whole wheat bread 1/2 cup tropical fruit</p>
<p>Chicken Cacciatore 19</p> <p>3 oz. chicken with sauce 1/4 cup vegetable 1/2 cup caramelized roasted vegetables 1/2 whole wheat rotini 1 slice whole wheat bread 1/2 cup tropical fruit</p>	<p>Thyme Roast Turkey 20</p> <p>3 oz. turkey 1/2 cup steamed beets 1/2 cup mashed potatoes 1 slice whole wheat bread 1 fresh banana</p>	<p>Pesto Chicken Sandwich 21</p> <p>3 oz. chicken 1 oz. pesto lettuce & tomato 1 cup minestrone soup 1 whole wheat bun 1 Fresh Orange</p>	<p>Swiss Steak w/ Mushroom Demiglace 22</p> <p>3 oz. beef patty 1 oz. demiglace 1/2 cup fiesta corn 1/2 cup mashed potatoes 1 slice whole wheat bread 1/2 cup applesauce</p>	<p>Lemon Pepper Pork 23</p> <p>3 oz. pork 1/2 cup green beans 1/2 cup mashed potatoes 1 slice whole wheat bread 1 fresh apple</p>
<p>Pesto Meatballs 26</p> <p>3 oz. meatballs 1 oz. pesto 3/4 cup parsley buttered carrots 1/2 cup whole wheat rotini 1 slice whole wheat bread 1/2 cup mixed fruit</p>	<p>Pulled Pork 27</p> <p>3 oz. pork 1 oz. BBQ sauce 1/2 cup broccoli 1/2 roasted potatoes 1 slice whole wheat bread 1 fresh banana</p>	<p>Fajita Chicken Salad 28</p> <p>2 oz. chicken 1 oz. cheese 1 1/2 cup salad vegetables 1 cup black bean soup 1 slice whole wheat bread 1 package crackers 1 fresh orange</p>	<p>Marinara Meat Sauce 29</p> <p>3 oz. ground beef 1/2 cup marinara sauce 3/4 cup cauliflower 1/2 cup whole wheat penne pasta 1 slice whole wheat bread 1 fresh apple</p>	<p>Cheeseburger 30</p> <p>2.5 oz ground beef patty 1 oz. cheese 1/2 cup sauteed onions & peppers 1/2 cup roasted potatoes 1 whole wheat bun 1/2 cup tropical fruit</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,

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

CERTIFIED BY: _____ SARAH STAR, RD, LDN. _____ DATE _____