



# Senior Resource Association – September – Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Senior Resource ASSOCIATION</b> Promoting Independence in our Community</p>		<p><b>Chicken Caesar Wrap</b> <sup>1</sup></p> <p>3 oz. chicken Lettuce (in wrap) 1/2 cup summer squash soup 1 whole wheat wrap 1 fresh orange</p>	<p><b>Cheeseburger</b> <sup>2</sup></p> <p>3 oz. ground beef patty 1 oz. cheese 1/2 cup sauteed onions &amp; peppers 1/2 cup oven roasted potatoes 1 whole wheat bun 1/2 cup tropical fruit</p>	<p><b>Ranch Seasoned Chicken</b> <sup>3</sup></p> <p>3 oz. chicken 1/2 cup succotash 1/2 cup roasted sweet potatoes 1 slice whole wheat bread 1/2 cup tropical fruit</p>
 <p><b>Closed</b> <sup>6</sup> HAPPY Labor Day</p>	<p><b>Tropical Turkey w/ Salsa</b> <sup>7</sup></p> <p>3 oz. turkey 1/2 cup diced carrots 1/2 cup roasted potatoes 1 slice whole wheat bread 1 fresh orange</p>	<p><b>BBQ Chicken Salad</b> <sup>8</sup></p> <p>3 oz. chicken 1 oz. bbq sauce 1 cup salad vegetables 1 cup three bean soup 1 slice whole wheat bread 1 Fresh banana</p>	<p><b>Marinara Meat Sauce</b> <sup>9</sup></p> <p>3 oz. ground beef 1/2 cup marinara sauce 3/4 cup broccoli &amp; cauliflower 1/2 cup whole wheat rotini pasta 1 slice whole wheat bread 1 fresh apple</p>	<p><b>Garlic Butter Chicken</b> <sup>10</sup></p> <p>3 oz. chicken 1/2 cup green beans 1/2 cup mashed potatoes 1 slice whole wheat bread 1/2 cup applesauce</p>
<p><b>Old Bay Turkey</b> <sup>13</sup></p> <p>3 oz. turkey 1/2 cup chuckwagon corn 1/2 cup roasted red potatoes 1 slice whole wheat bread 1/2 cup mandarin oranges</p>	<p><b>Balsamic Chicken</b> <sup>14</sup></p> <p>3 oz. chicken 1/2 cup garlic broccoli 1/2 cup whole wheat penne 1 slice whole wheat bread 1/2 cup diced pears</p>	<p><b>Italian Porketta Sandwich</b> <sup>15</sup></p> <p>3 oz. pork Lettuce, tomato, onion 1 cup garden vegetable soup ciabatta bread 1 fresh apple</p>	<p><b>Mexican Spiced Chicken</b> <sup>16</sup></p> <p>3 oz. spiced chicken 3/4 cup red beans &amp; corn 1/2 brown rice 1 slice whole wheat bread 1/2 cup tropical fruit</p>	<p><b>Glazed Pork</b> <sup>17</sup></p> <p>3 oz. glazed pork 1/2 cup brussels sprouts 1/2 cup mashed sweet potatoes 1 slice whole wheat bread 1/2 cup tropical fruit</p>
<p><b>Italian Herb Chicken</b> <sup>20</sup></p> <p>3 oz. chicken 3/4 cup corn &amp; tomato sauté 1/2 cup pesto orzo 1 slice whole wheat bread 1 fresh orange</p>	<p><b>BBQ Meatloaf</b> <sup>21</sup></p> <p>3 oz. ground beef 1 oz. BBQ sauce 1/2 cup green &amp; wax beans 1/2 cup mashed potatoes 1 slice whole wheat bread 1/2 cup diced pears</p>	<p><b>Turkey BLT salad</b> <sup>22</sup></p> <p>3 oz, turkey 1 cup salad vegetables 1 cup tomato basil soup 1 whole wheat bread 1 banana</p>	<p><b>Chicken Piccata</b> <sup>23</sup></p> <p>3 oz. chicken 1/2 cup brussels Sprouts 1/2 cup parslid potatoes 1 slice whole wheat bread 1 fresh apple</p>	<p><b>Pork Stir Fry</b> <sup>24</sup></p> <p>3 oz. pork 1/2 cup stir fry vegetables 1/2 cup carrots 1/2 cup brown rice 1 slice whole wheat bread 1/2 cup tropical fruit</p>
<p><b>Chicken Alfredo</b> <sup>25</sup></p> <p>3 oz. chicken 3/4 cup broccoli 1/2 cup whole wheat pasta 1 slice whole wheat bread 1/2 cup pineapple</p>	<p><b>Fiesta Pork</b> <sup>26</sup></p> <p>3 oz. pork 1/2 cup corn &amp; black beans 1/2 cup cheesy mashed potatoes 1 slice whole wheat bread 1/2 cup diced peaches</p>	<p><b>Chicken Caesar Wrap</b> <sup>27</sup></p> <p>3 oz. chicken Lettuce (in wrap) 1 cup summer squash soup 1 whole wheat wrap 1 fresh orange</p>	<p><b>Cheeseburger</b> <sup>28</sup></p> <p>3 oz. ground beef patty 1 oz. cheese 1/2 cup sauteed onions &amp; peppers 1/2 cup oven roasted potatoes 1 whole wheat bun 1/2 cup tropical fruit</p>	<p><b>Ranch Seasoned Chicken</b> <sup>29</sup></p> <p>3 oz. chicken 1/2 cup succotash 1/2 cup roasted sweet potatoes 1 slice whole wheat bread 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,

CERTIFIED BY: \_\_\_\_\_ AMY FULLER, 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