


Senior Resource Association – December – Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Senior Resource ASSOCIATION <i>Promoting Independence in our Community</i></p>		<p>Turkey & Cheddar Sandwich¹</p> <p>3 oz. turkey Lettuce, tomato, and cheddar cheese 1 cup pumpkin soup 1 slice whole wheat bread 1 fresh banana</p>	<p>Beef Chop Steak w/ Gravy²</p> <p>3 oz. beef 1/2 cup peas & pearl onions 1/2 cup mashed potatoes 1 slice whole wheat bread 1/2 cup diced peaches</p>	<p>Southwestern Chicken³</p> <p>3 oz. chicken 1/2 cup corn 1/2 cup peppers & onions 1 slice whole wheat bread 1/2 cup tropical fruit</p>
<p>Roast Pork⁶</p> <p>3 oz. pork 1/2 cup brussels sprouts 1/2 cup parsley potatoes 1 slice whole wheat bread 1/2 cup applesauce</p>	<p>Turkey Piccata⁷</p> <p>3 oz. turkey 1/2 cup cauliflower 1/2 cup roasted potatoes 1 slice whole wheat bread 1 fresh banana</p>	<p>Greek Salad w/ Chicken⁸</p> <p>3 oz. chicken 1 cup salad vegetables 1 cup roasted vegetable soup 1 slice whole wheat bread 1 fresh orange</p>	<p>Meatballs & Marinara⁹</p> <p>3 oz. meatballs 3/4 cup garlic broccoli 1/2 cup rotini 1 slice whole wheat bread 1 fresh apple</p>	<p>Honey Glazed Chicken¹⁰</p> <p>3 oz. glazed chicken 1/2 cup green beans 1/2 cup mashed potatoes 1 slice whole wheat bread 1/2 cup pineapple</p>
<p>Roast Turkey¹³</p> <p>3 oz. trukey 1/2 cup green beans 1/2 cup sweet potatoes 1 slice whole wheat bread 1/2 cup mandarin oranges</p>	<p>BBQ Chicken¹⁴</p> <p>3 oz. bbq chicken 1 oz. BBQ sauce 1/2 cup diced carrots 1/2 cup cheesy mashed potatoes 1 slice whole wheat bread 1/2 cup diced peaches</p>	<p>Ham & Swiss Sandwich¹⁵</p> <p>3 oz. ham Lettuce, tomato, and cheese 1 cup roasted red pepper soup 1 whole wheat bread 1 fresh orange</p>	<p>Omelet, Turkey Sausage¹⁶</p> <p>3 oz. turkey sausage eggs 3/4 cup breakfast potatoes 1 slice whole wheat bread 1 fresh orange</p>	<p>Salisbury Steak¹⁷</p> <p>3 oz. Salisbury steak 3/4 cup brussels sprouts 1/2 cup noodles 1 slice whole wheat bread 1/2 cup diced pears</p>
<p>Cranberry Glazed Pork²⁰</p> <p>3 oz. pork 1/2 cup brussels sprouts 1/2 cup sweet potatoes 1 slice whole wheat bread 1/2 cup applesauce</p>	<p>Cheeseburger²¹</p> <p>3 oz. ground beef 1/2 cup chuckwagon corn 1/2 cup roasted potatoes 1 slice whole wheat roll 1/2 cup mandarin oranges</p>	<p>Chicken Caesar Salad²²</p> <p>3 oz. chicken caesar salad 1 cup romaine Lettuce 1 cup vegetable barley soup 1 whole wheat wrap 1 fresh orange</p>	<p>Lemon Pepper Chicken²³</p> <p>3 oz. chicken 3/4 cup broccoli & cauliflower 1/2 cup brown rice 1 slice whole wheat bread 1 fresh apple</p>	<p>CLOSED - HOLIDAY²⁴</p> <p>HAPPY <i>Holidays</i></p>
<p>CLOSED - HOLIDAY²⁷</p> <p>HAPPY <i>Holidays</i></p>	<p>Sweet & Sour Pork²⁸</p> <p>3 oz. pork 3/4 cup stir fry vegetables 1/2 cup brown rice 1 slice whole wheat bread 1/2 cup mandarin oranges</p>	<p>Turkey & Cheddar Sandwich²⁹</p> <p>3 oz. turkey Lettuce, tomato, and cheddar cheese 1 cup pumpkin soup 1 slice whole wheat bread 1 fresh banana</p>	<p>Beef Chop Steak w/ Gravy³⁰</p> <p>3 oz. beef 1/2 cup peas & pearl onions 1/2 cup mashed potatoes 1 slice whole wheat bread 1/2 cup diced peaches</p>	<p>CLOSED - HOLIDAY³¹</p> <p>HAPPY <i>Holidays</i></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