



# Senior Resource Association – MAY 2023 – Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">1</p> <p><b>Chicken Cacciatore</b>                      3 oz chicken, 0.5 oz sauce                      ½ cup mashed potatoes                      ½ cup green beans                      2 oz whole wheat bread                      ½ cup mixed fruit</p>	<p style="text-align: right;">2</p> <p><b>Korean BBQ Pork</b>                      3 oz pork, 0.5 oz sauce                      ¾ cup asian vegetable blend                      ½ cup brown rice                      1 oz whole wheat bread                      ½ cup mandarin oranges</p>	<p style="text-align: right;">3</p> <p><b>Grilled Chicken Salad</b>                      3 oz chicken                      1 cup salad vegetables                      1 cup cream of broccoli                      2 slices whole wheat bread                      ½ cup pineapple</p>	<p style="text-align: right;">4</p> <p><b>Salisbury Steak</b>                      3 oz beef, 1 oz sauce                      ½ cup mashed potatoes                      ½ cup diced carrots                      2 oz whole wheat bread                      ½ cup applesauce</p>	<p style="text-align: right;">5</p> <p><b>Fajita Chicken</b>                      3 oz chicken                      ½ cup broccoli                      ½ cup peppers &amp; onions                      ½ cup brown rice                      1 oz whole wheat bread                      ½ cup peaches</p>
<p style="text-align: right;">8</p> <p><b>Marinara Meatballs</b>                      3 oz beef, 2 oz sauce                      ¾ cup mixed vegetables                      ½ cup rotini                      1 oz whole wheat bread                      ½ cup tropical fruit</p>	<p style="text-align: right;">9</p> <p><b>Sweet &amp; Sour Chicken</b>                      3 oz chicken, 1 oz sauce                      ¾ cup broccoli                      ½ cup brown rice                      1 oz whole wheat bread                      ½ cup applesauce</p>	<p style="text-align: right;">10</p> <p><b>Turkey &amp; Cheddar Sandwich</b>                      2 oz turkey, 1 oz cheddar                      Lettuce, tomato                      1 cup tomato basil soup                      2 oz whole wheat sandwich roll                      ½ cup mandarin oranges</p>	<p style="text-align: right;">11</p> <p><b>Italian Herb Crusted Pork</b>                      3 oz pork                      ½ cup roasted red potatoes                      ½ cup diced carrots                      2 oz whole wheat bread                      ½ cup pineapple</p>	<p style="text-align: right;">12</p> <p><b>Parmesan Pesto Tortellini</b>                      3 oz cheese, 0.5 oz sauce                      ¾ cup cauliflower                      1 oz whole wheat bread                      ½ cup cinnamon apples</p>
<p style="text-align: right;">15</p> <p><b>Teriyaki Chicken</b>                      3 oz chicken, 0.25 oz sauce                      ¾ cup asian vegetable blend                      ½ cup brown rice                      1 oz whole wheat bread                      ½ cup mandarin oranges</p>	<p style="text-align: right;">16</p> <p><b>Pulled Pork</b>                      3 oz pork, 1 oz sauce                      ½ cup mashed potatoes                      ½ cup mixed vegetables                      2 oz whole wheat bread                      ½ cup applesauce</p>	<p style="text-align: right;">17</p> <p><b>Ranch Chicken Salad</b>                      3 oz chicken                      1 cup salad vegetables                      1 cup spring vegetable soup                      2 oz whole wheat bread                      ½ cup tropical fruit</p>	<p style="text-align: right;">18</p> <p><b>Cheese Omelet, Turkey Sausage</b>                      2 oz omelet, 1.3 oz sausage                      ¾ cup breakfast potatoes                      2 oz whole wheat bread                      ½ cup pineapple</p>	<p style="text-align: right;">19</p> <p><b>Meatballs &amp; Gravy</b>                      3 oz meatballs, 1 oz gravy                      ½ cup mashed potatoes                      ½ cup broccoli                      2 oz whole wheat bread                      ½ cup peaches</p>
<p style="text-align: right;">22</p> <p><b>Chicken Alfredo</b>                      3 oz chicken, 1 oz sauce                      ½ cup penne with sauce                      ½ cup diced carrots                      ½ cup cauliflower                      1 oz whole wheat bread                      ½ cup pears</p>	<p style="text-align: right;">23</p> <p><b>Caribbean Seasoned Pork Loin</b>                      3 oz pork                      ½ cup mashed potatoes                      ½ cup capri vegetable blend                      2 oz whole wheat bread                      ½ cup applesauce</p>	<p style="text-align: right;">24</p> <p><b>BBQ Chicken Sandwich</b>                      3 oz chicken                      Lettuce, tomato                      1 cup corn chowder                      2 oz whole wheat sandwich roll                      ½ cup mixed fruit</p>	<p style="text-align: right;">25</p> <p><b>Chop Steak w/ Mushroom Sauce</b>                      3 oz beef, 1 oz sauce                      ¾ cup green beans                      ½ cup brown rice                      1 oz whole wheat bread                      ½ cup mandarin oranges</p>	<p style="text-align: right;">26</p> <p><b>Chicken Parmesan</b>                      3 oz chicken                      ¾ cup Italian vegetable blend                      ½ cup rotini                      1 oz whole wheat bread                      ½ cup mixed fruit</p>
<p style="text-align: right; color: red;">29</p> <p style="color: red; font-weight: bold; text-decoration: underline;">CLOSED FOR HOLIDAY</p> 	<p style="text-align: right;">30</p> <p><b>Korean BBQ Pork</b>                      3 oz pork, 0.5 oz sauce                      ¾ cup asian vegetable blend                      ½ cup brown rice                      1 oz whole wheat bread                      ½ cup mandarin oranges</p>	<p style="text-align: right;">31</p> <p><b>Grilled Chicken Salad</b>                      3 oz chicken                      1 cup salad vegetables                      1 cup cream of broccoli                      2 slices whole wheat bread                      ½ cup pineapple</p>	 <p style="font-size: 1.2em; font-weight: bold;">Senior Resource</p> <p>ASSOCIATION</p>	

THIS MENU MEETS THE OLDER AMERICANS NUTRITIONAL & CT 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 6 OZ 1% MILK, VEGETABLES & FRUIT = 2 (1/2) PORTIONS, 1 TSP OF MARGARINE SERVED WITH EVERY MEAL BREAD OR EQUIVALENT = 1 SERVING, MEAT OR ALTERNATIVE = 2 OZ COOKED EDITABLE PORTION, FAT = 1 TEASPOON

CERTIFIED BY: Amy Fuller RD, LDN. 4/28/23 DATE